“Come on ladies, keep shaking!” Those are the words shouted by Zumba instructor Megan Pitzen as she leads her class in an intense hour-long dance class. Pitzen is not the only fitness instructor who brings a fun aspect to the sometimes treacherous task of working out and leading a healthy lifestyle. USD has been working hard to support their students in the fight to stay healthy in a world full of fast food and great television shows.

Any student can become a Fit N’ Active member. Membership provides the opportunity to drop into any of the 40 plus classes that are offered per week. To become a member sign onto www.sandiego.edu/campusrecreation/fitness and pay the $70 fee to get a membership card. Then comes the hard part, dragging yourself to the gym to spend some quality time sweating.

“Fun!”

“Fun, so of course I was determined to prove her wrong. But five minutes into the class I was laughing so hard and really having a great time doing sausos and hip hop moves. Plus, Megan is so much fun the class goes by so fast.”

For students who don’t enjoy working out in large groups, USD also offers personal trainers who are nationally certified professionals. The personal trainers include Mathew McChristian, Amy Peot and John Pistotti. Each are trained in specific areas including cardiovascular endurance, sports performance and strength training.

These trainers are extremely willing to help, as sophomore Rita Magliocco found out. “I have an injured knee that was really acting up. Mathew McChristian saw it and immediately started giving me tips on how to help it heal. He emphasized that it was more important to heal it for good rather than simply making my knee stop hurting for one day. It was nice because I could tell he genuinely cared and wanted to see me healthy,” Magliocco said.

A few good workouts is pretty normal to have aching muscles; USD has that covered as well. Massage therapy and athletic training are also available for reasonable prices. More information on personal trainers, massage therapy and athletic training is available on the fitness program’s website.

Along with exercise, diet is also extremely important to living and maintaining a healthy lifestyle. New dining facilities have made eating healthy an easier goal for USD students.

The new Missions Café offers many healthy eating ideas such as organic To Go salads and sandwiches, healthy snacks and Dannon YoCream frozen yogurt with different flavors every day. There are also fresh fruit and sushi delivered every day. Another exciting thing about the Missions Café is that it is the first location on campus to go green, offering a range of environmentally-friendly products, an added bonus to healthy eating.

New fitness and eating options on campus give students the opportunity to live a healthy lifestyle.

BY JORI GREGORIO
STAFF WRITER

Staying healthy over the weekend is important too! Three classes are offered on Sunday ranging from Kick Boxing to Zumba Cardio Blast, which is a dance cardio class. The first class begins at 2 p.m. and the last one is offered at 4 p.m.

For more information check out http://www.sandiego.edu/campusrecreation/fitness