

G E T T I N G
TONED

With spring on the way, some Columbia residents are headed to gyms so they can regain their 'beach bodies'

BY KAMILLE BOSTICK
THE GAMECOCK

Spring break is nearly upon us, and with the calls of the beaches and warm days, many are, in turn, calling the local gyms for assistance.

Spring is a season of renewal — a chance for new beginnings. For many, it is also a time to polish their physiques by beginning to work on their warm-weather looks. Gone are the bulky sweaters and coats to make way for more light and airy garments. The reason being that this season's latest styles can't be worn with last season's flab. Pounds earned throughout the winter are ready to be shed just like layers of clothes.

In response, area gyms are already filling with fitness and fashion buffs alike. Their goal: to get toned.

Body-shaping classes, cardio workouts, weight lifting, and even tanning beds are the most popular means to achieving the look that best complements spring fashions. Brickhouse Gym owner,

Toinette Reed, says that there is a noticeable influx of potential spring breakers and re-dedicated New Year's "resolutions" into many of the workout classes.

"Within the past weeks, we could definitely see a pick-up in clientele. A lot of people are coming in so that they can get their 'beach body' in time for spring break and the summer," Reed said.

It's the quest for the "beach body," and the undeniable trend for firmer abs and thighs that brings the masses. For some, covering up or staying indoors is not a pleasing alternative, so visiting the gym before visiting the beach or anywhere else is a schedule set in stone.

Because the options are numerous in Columbia — the city has over 10 gyms, including USC's campus gym and the area YMCAs — it is a difficult decision to decide where to join or exercise.

Reed suggests finding a gym that has not only the right equipment for the chosen workout, but

a gym that has a good location.

"A membership close to work or home is the best so that you will stay committed. You want something nearby or else you won't go," Reed said.

Regardless of where one has a membership, getting into shape is no easy task. Realistic expectations, patience and commitment are essential to reach the level of physical fitness and physical appearance desired. With so many workout regimens to choose from, at any number of gyms, finding one to meet individual needs is also a challenge.

Reed proposes incorporating weight lifting and cardiovascular workouts about four times a week for about three months to achieve fitness goals.

Donna Addy, assistant manager at The Firm Aerobic Workout, which is known for the choreography of its aerobics classes, agrees. She adds that a good regimen can produce satisfactory results, but that those results take time.

"Results can occur within a few

weeks, but those results are minimal. Long-term programs are what have the best effects. The before and after, in many cases, is amazing," Addy said.

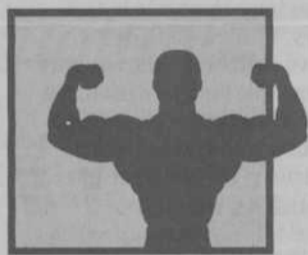
While there is not much time before spring break, there are still some things that can be done to get a great start on shaping up, slimming down, or whatever the goal may be.

Addy explains that along with the right workout, one key ingredient, a healthy diet, helps make up a successful fitness plan.

"Eating right, especially eating plenty of vegetables and fresh fruit, and eating meats like chicken and fish, and even cutting carbohydrates, will help anyone who is trying to get fit," said Addy.

Sure, this season will come and go, but the results of a good fitness program and a healthy diet will last long after spring break and the warm weather are far gone.

Comments on this story? E-mail gamecockmixeditor@hotmail.com



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DONNA ADDY
ASSISTANT MANAGER AT THE FIRM AEROBIC WORKOUT

MOVIE REVIEW

Not your typical sex comedy

40 DAYS AND 40 NIGHTS
Starring: Josh Hartnett and Shannyn Sossamon
Directed by Michael Lehmann
★★★ out of ☆☆☆☆

BY ADAM MCALLISTER
THE GAMECOCK

"American Pie" opened up the floodgates for the no-brainer sex comedies of the post '90s. These films, peppered with fresh-faced stars such as Freddie Prinze Jr. and Chris Klein, came in and lowered the bar for many moviegoers. The tired hackneyed typical plot most likely is as follows — Guy is lonely. Guy does something crazy. Guy meets girl. Guy falls in love with girl. Previous actions come back to haunt guy. Screwball antics ensue. And, as most know, this outline is not much different these days, as it is currently showcased in Miramax's "40 Days and 40 Nights."

In "40 Days and 40 Nights," we hop into the days of trendy 20-somethings as they live their trendy lives in a trendy city. This time our hero is Matt Sullivan (Josh Hartnett, "Pearl Harbor," "The Virgin Suicides"), a web designer in San Francisco. After an all too rough break up and in an attempt to forget his ex, he makes the "ultimate sacrifice" for the religious sacrament of Lent. This sacrifice is to deprive himself of any and



PHOTO SPECIAL OF THE GAMECOCK
Shannyn Sossamon and Josh Hartnett in "40 Days and 40 Nights," directed by Michael Lehmann.

all sexual activity for 40 day and nights.

The task, as difficult as it appears on the surface, is only worsened by his friends and peers, who, upon knowledge of this personal gamble, up the stakes by placing their own money in a betting pool and try to predict the date of his failure.

In addition to his insurgent associates, Matt also happens upon the girl of his dreams, Erica (Shannyn Sossamon, "A Knight's Tale"), a cliché meeting common in many films that finds no exception here. To only make matters worse, Matt's now-engaged ex gets wind of his wager and sets out to single handedly end the bet herself.

Now, with his pledge on the line and a future relationship in

jeopardy, Matt must decide whether or not to give in to temptation or stick it out for his morals.

"40 Days and 40 Nights" may sound like a typical sex, or no sex, comedy with a twist, but it does well to steer just clear of that exhausted territory. Director Michael Lehmann, the man behind such films as "Airheads" and "The Truth About Cats and Dogs," combines an obvious knowledge of film and television styles to bring a hip, free-flowing feel to this feature. He treats Rob Perez' source material — rumored to have stemmed from a similar autobiographical situation — with the lighthearted ambiance

◆ 40 DAYS, SEE PAGE 8

Classic tragedy gets technological twist

BY VANESSA CAOILE
THE GAMECOCK

Ever wonder what it would be like to combine a classic tragedy with technology? Well, now you have the chance to experience it. USC Theater will present a modern production of the classic Greek tragedy "Antigone" starting tonight and running through March 9.

Written by Sophocles more than 2,000 years ago, "Antigone" is the story of a young woman whose love and loyalty for her father force her to act against the laws of society. The play, the continuation of "Oedipus Rex," begins right after the death of Antigone's father, King Oedipus. Her two brothers kill each other in a battle over their father's kingdom. Creon, their uncle, takes control of the kingdom and orders one of his nephews be given a proper burial. The other nephew, however, is denied burial because Creon believes it will be just punishment for a man who was a traitor to his country. Antigone, the loyal sister, believes this is unfair and attempts his burial by herself, disobeying her uncle and putting her own life in jeopardy.

Guest director Jay Berkow

◆ ANTIGONE, SEE PAGE 6



PHOTO SPECIAL OF THE GAMECOCK
Michael Kroeker, left, as Creon and Marcella Kearns, as Antigone in USC Theater's production of "Antigone."