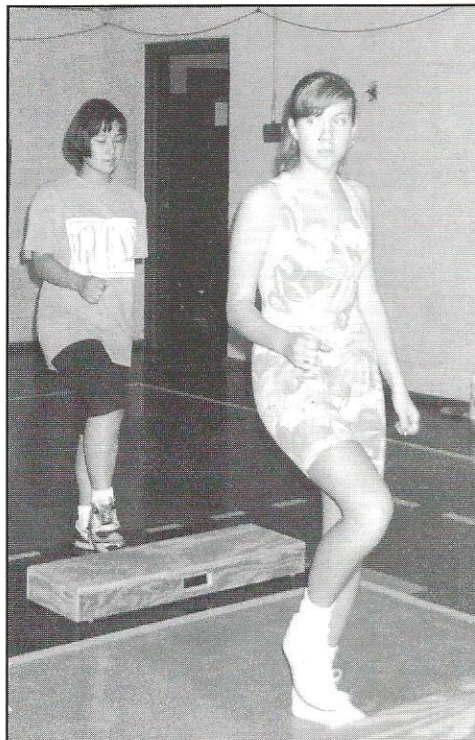


Shape It Up

What WHS students do to occupy their afternoon time

The 90's have proven to be the era of health conscious people. Many middle-aged individuals were gym fanatics spending three to four hours working out with weights. Health consciousness was a concern for high school youths. "Working out requires dedication, determination, and a desire to look good," explained Maurice Calloway.

Working out and looking good was not just something the males did. Several female students and teachers could be found at the local recreation center sweating and struggling while doing step aerobics. "Doing aerobics is not as easy as it looks," said Robin Shoupe. "Spending an hour-long session without any breaks is rather



LET'S GET PHYSICAL. Senior Robin Shoupe works out at the gym located in Salkahatchie. Students from WHS attended aerobic classes that lasted from 6:30 p.m. to 8:00 p.m.

strenuous, and I challenge *any* male to attempt the difficult work!"

Walterboro offered many facilities for working. The local recreation center, the gymnasium at the USC — Salk, and the backyards of friends, proved to be very popular exercise areas. The rec center offered the most technologically advanced equipment. Members paid a monthly fee of \$25 to use the equipment. The more cost conscious individual chose the backyard method.

The workouts were long, but the payoff was worth it. Being physically fit was a quality most people strived for in life. As Farris Langley said, "See you at the gym!"

— Inglis P. Mangum IV

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