

Breaking a sweat. The announcer from the football games, Dale Evansi works hard at the gym. He felt that working out would compensate for the time he spent sitting in the press box enjoying treats from the concession stand.

Feel the burn. While completing orders from his physical therapist, sophomore James Owens checks out his stats. James found that while working on the machines, he had to maintain a heart rate within a certain area.

Going nowhere. As a part of physical therapy, sophomore Daniel Bjork peddles along on his bike at FitCare. Daniel looked forward to his visits at FitCare. His therapists and the other FitCare members made him feel welcome.

