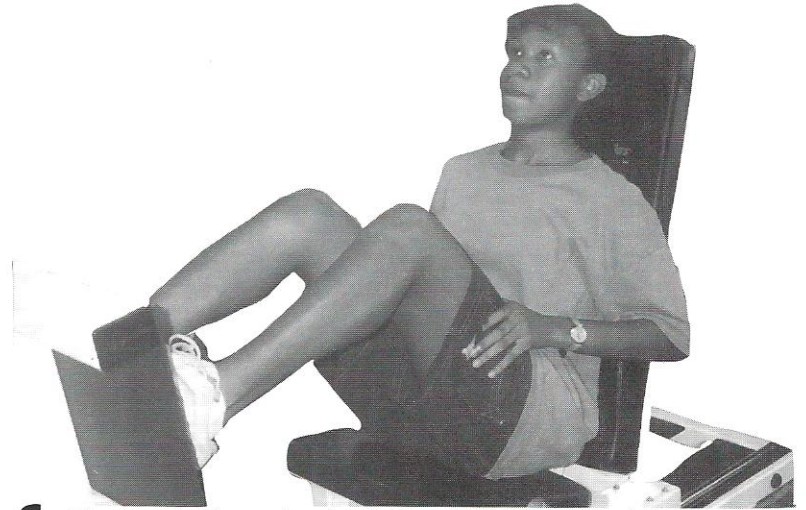


battle of the bulge



fit vs. fat



Feel the burn! After school activities that encouraged physical fitness were daily occurrences. Cross-country runners, cheerleaders, and football players were just some of the many athletes at Walterboro High School that used extra curricular activities as a means of exercise.

Senior **James Limehouse** played football because of the exercise. "Football offers a workout like no other," James stated.

Athletes contributed as much as fifteen hours a week to practice. Others who choose not to participate in extra curricular activities offered by the sports department were left to discover their own sources of exercise. These sources included everything from working out at FitCare to jogging around the block at home.

"My sister and I walk a mile every other day after the sun begins to go down. We get the chance to talk while we walk, and that is an opportunity that I am glad to have," junior **Melissa Huggins** said.

Students found themselves at FitCare and the recreation center after school for all sorts of reasons. Working out results in the obvious physical fitness as well as the unfortunate accidents. Athletes who suffered from some sort of sports-related injury found themselves at the gym up to three times a week for physical therapy.

"Physical therapy will help me make a more effective come back to the game, and it has also helped put me on the road to a smooth recovery," basketball player **Courtney Vincent** said.

Peers came up with all sorts of innovative ways to make physical fitness a part of their daily schedule. The choice to be a bench potato or to be a bench presser was left up to the individual.

-Shantel Middleton