

# School purchases arc trainer with donated funds

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Thanks to the generosity of an individual and a business, students, athletes and teachers at Chase County Schools (CCS) and the public in general are now able to achieve wellness and fitness on a Cybex ARC Trainer in the school's weight room.

The Logan Bauman Memorial Fund and Chase County Community Hospital and Clinic donated money towards the \$6,400 ARC Trainer, which has been in use for several weeks.

The Logan Bauman Memorial Fund donated \$10,000 to CCS in memory of the young man who died due to a car accident in 2008.

Chase County Clinic donated money collected from student athlete physicals made prior to the sports season in the fall to both CCS and Wauneta-Palisade Schools. The amount each school received was based on the number of physicals that were provided for the athletes from that school.

CCS received \$2,275, while Wauneta-Palisade received \$500.

"We wanted to show our support for the youth and schools in Chase County and felt this is one way we could accomplish that," said Ronda Sargent, Chase County Clinic Manager.

CCS Activities Director Troy Hauxwell said the 770AT Total Body ARC Trainer works the legs, arms and cardio. "It's really an advanced elliptical machine," he said, that can be programmed to provide different workouts, say, for women,



CCS student Ally Vrbas recently tried out the ARC Trainer, while Ronda Sargent of Chase County Clinic was at school to present a check that paid for part of the new equipment. (Republican photo)

football players, or for rehabilitation.

A number of students are using it to work on injured areas, because there is not an impact on injured parts, he noted.

Hauxwell said the ARC Trainer provides resistance from 0-100 while increasing leg stride. A computer shows what muscles are being used, and iPods can be attached to the machine.

The equipment is green in that the movement of the ath-

lete generates the power that runs the machine.

It can handle up to 400 pounds of weight. "You can get a pretty good workout fast and burn more calories than with a bike," Hauxwell said.

The machine was purchased from Nova Fitness Equipment of Omaha. Hauxwell said that company has sold machines to area schools and colleges, and provides good maintenance.

"They've had very few problems with this machine," he

said, adding that it is very durable, which is good for a machine used by the public as well as the school.

Hauxwell said the school would like to add one more ARC trainer and some more bicycles, to replace some old ones.

"We feel it's important that for the community and injured athletes, we need cardio equipment, especially during the winter months with indoor" workouts.