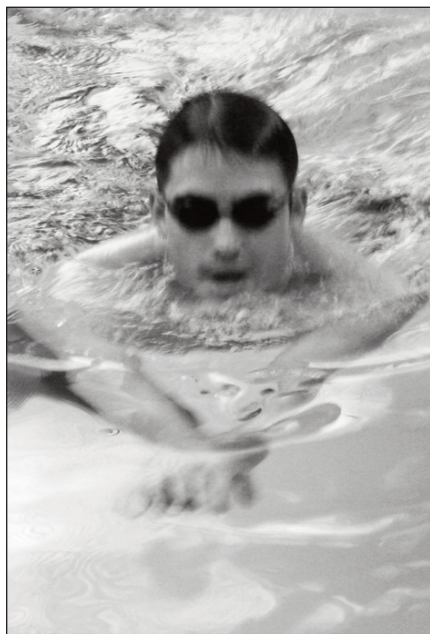


# Athlete of the Week



**Name:** Matt Anderson  
**Sport:** Swimming  
**Major:** Engineering  
**Year:** Sophomore  
**Age:** 19



Photos by Melissa Pointer

**Q:** Who inspires you?

**A:** Michael Phelps. He's the greatest swimmer.

**Q:** How long have you been swimming?

**A:** Six years.

**Q:** Where do you plan to transfer?

**A:** University of Illinois.

**Q:** Do you have a strict diet during swim season?

**A:** I don't eat a lot of food, but as for what I eat, mostly fruits and vegetables.

**Q:** What is your best time?

**A:** For the 200 butterfly, I had a time of 2:20. For the mile (1,650 yards) I

had a time of 19 minutes and 34 seconds.

**Q:** What was your worst time at an event?

**A:** Three minutes and 11 seconds in the 200 breaststroke.

**Q:** Have you won any awards in high school or college?

**A:** Yes I have. I was third place in the 100 butterfly in my sophomore year of high school.

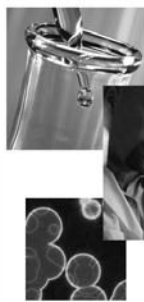
**Q:** Is there any mantra or quote that you live by?

**A:** Try, try, try again.

**Q:** How did you get into swimming?

**A:** My friends got me interested.

## Interested in a Career in Health Care or Science?



Earn your **Bachelor of Biomedical Science** degree!

- Completion program for students with a 2-year degree
- Convenient evening classes
- Medical school facility with graduate-level faculty
- Option to continue into one of our professional degree programs

Become a **Massage Therapist** in only one year!

- Convenient evening classes
- Growing job opportunities in clinics, health clubs, hospitals, and more
- Help to alleviate the stress & health issues of others



**N** National  
University of Health Sciences

200 E. Roosevelt Road  
Lombard, Illinois • 60148  
1-800-826-6285 • www.nuhs.edu

## Happy Holidays from HealthTrack



JOIN IN  
**DECEMBER**  
AND ENJOY A GIFT OF UP TO  
**50% OFF**  
ENROLLMENT FEE\*

\*Some restrictions apply. Must be 18 years to join. Sale expires December 31, 2009

- No Long-Term Contracts or Hidden Fees
- Over 20,000 square feet of fitness facilities
- 77+ Group Fitness Classes including Yoga, Pilates, Spin & waterworks each week
- Children's Activity Center
- 80+ Free-Weight & Strength Training Machines
- 25-yard, 5 Lane Lap Pool & Therapy Pool
- Running/Walking/Jogging Indoor Track
- Internet Café & Free WiFi Hot Spot
- Jacuzzis
- 4 Indoor Tennis Courts
- Steam Room & Sauna
- Day Spa & Pro Shop
- Basketball Court
- 100+ Cardio Machines with Personal Flat Screen TVs
- Deluxe Locker Room with Amenities & Towel Service

630.942.9600  
Visit us online @ [htsw.net](http://htsw.net)  
875 Roosevelt Road  
Glen Ellyn, IL 60137

**HealthTrack**  
SPORTS WELLNESS

**Brain Teaser #1:**  
What is the missing number?



**Marbles: The Brain Store** has everything from software to games to books to puzzles.

Come to **Marbles: The Brain Store** to learn the answer to this brain teaser and to find more ways to stimulate and strengthen your brain.



Play Your Way to a Healthier Brain!

[www.marblesthebrainstore.com](http://www.marblesthebrainstore.com)

**Naperville** 123 S. Washington Street  
(630) 355-6250



**Stylists** that speak your language.

■ We carry Great Clips, American Crew, Nioxin, and Matrix haircare products.



Great Clips In Glen Ellyn  
692 Roosevelt Road  
(Next to Trader Joes)  
Glen Ellyn, IL

[greatclips.com](http://greatclips.com)

**\$8.99 haircut**  
offer expires 12/31/09

Not valid with any other offers. Limit one coupon per customer.

**Great Clips**

Relax. You're at Great Clips.  
VALID ONLY AT GREAT CLIPS IN GLEN ELLYN

**\$9.99 haircut**  
offer expires 1/31/10

Not valid with any other offers. Limit one coupon per customer.

**Great Clips**

Relax. You're at Great Clips.  
VALID ONLY AT GREAT CLIPS IN GLEN ELLYN

Relax. You're at Great Clips.™

Hours: M-F: 9-9, Sat: 8-6, Sun: 10-5 • Phone: 630-790-0955