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CONAL PIERSE

## No grunting in gyms severely limits our ability to be manly



JONN  
KMECH

**“The truth is, grunting at the gym is only appropriate when you’re pumping a tremendous quantity of iron, and aren’t a pussy. It doesn’t make sense to draw attention to yourself if you’re just going to drop that dumbbell like some chump who’d get sand kicked in his face.”**

Having lost a good amount of weight in the past few years, I’ve been hanging around gyms enough to know that a significant number of people practice poor gym etiquette. I was therefore pleased to see some media attention on the subject recently. This weekend, the *Edmonton Journal* ran a story on the controversy surrounding grunting in gyms. And while grunters claim that the act enables them to lift more weight, many fellow gym-goers find it to be one of the most annoying behaviours people commit while working out.

I can definitely see their point. It’s extremely frustrating to be “in the zone,” peering into the mirror at your unbelievable physique while doing bicep curls, when suddenly some meathead next to you in the middle of a bench press starts grunting for a spotter. Do they expect people around them to be impressed if they can’t even push 200 pounds off their neck? I’m not going to drop my weights and focus on someone who’s just looking for attention.

However, I draw the line at kicking someone out of a gym due to their

Chewbacca-like guttural uttering. This was the case at a Planet Fitness gym in Wappinger Falls, New York, where a corrections officer was kicked out due to his violation of the gym’s strictly enforced “no grunting” policy.

Such an unfair (some may say unfit) policy doesn’t even take into consideration other key factors in such a decision, like whether or not the corrections officer stuck the lift, or if the grunt alerted those nearby to the concentrated masculinity that was among them.

The truth is, grunting at the gym is only appropriate when you’re pumping a tremendous quantity of iron, and aren’t a pussy. It doesn’t make sense to draw attention to yourself if you’re just going to drop that dumbbell like some chump who’d get sand kicked in his face.

If you’re adept at putting on serious mass and have a vein in your forehead that’s about to go the way of the Hindenberg, grunting is an excellent way to let those around you know that in the arena of lifting heavy objects, you not only mean business, but you’re working overtime.

Without screaming like a Munch painting, serious weightlifters wouldn’t be able to attain the cut shoulders and terrifying abs that will help them get noticed by members of the same sex. This would also be highly detrimental to the supplement industry, which relies heavily on the burgeoning 18-25 grunting demographic to consume their variety of anabolic powders, mega-mass gels, and ground rhinoceros penis. These people are part of the spam industry’s backbone, and without their business, there wouldn’t be a market for anabol, the natural synthetic hormone that gives you cartoon-like Popeye biceps and freakish pecs in just five days.

Therefore, rather than being banned, these animalistic noises should be made mandatory—provided of course that you’re serious about your craft and aren’t going to whine about such pithy things such as sore muscles or a need to rest. If anyone disagrees with me, they can find me in the corner of the gym, and I’ll be happy to trade sets with you—though I hope my growling doesn’t throw you off.

### LETTERS • CONTINUED FROM PAGE 6

No one will dispute that theft is a problem. I also find it hard to believe that no one would find it troubling that a motorized couch could be taken from the side of my house and hauled away behind a truck along 87 Avenue—in broad daylight—and no one found anything unusual about this.

This couch may not mean anything to you, Lisa, but it means a lot to someone, and it’s still theft—something that

affects all students. The couch’s owner is lucky that enough people on this campus actually did care about the theft that it was returned.

LESLIE STITT  
Arts IV

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letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

Letters to the editor should be no longer than 350 words, and should include the author’s name, program, year of study and student identification number to be considered for publication. Also, better luck next time with the fake letters, Mr Jenkins.