



# GROVE CITY COLLEGE

ESTABLISHED 1876 • PENNSYLVANIA

CONTACT AMY CLINGENSMITH, DIRECTOR OF COMMUNICATIONS

☎ 724.458.3302 📠 724.458.2167 ✉ [alclingensmith@gcc.edu](mailto:alclingensmith@gcc.edu) 🌐 [www.gcc.edu](http://www.gcc.edu)

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## Grove City named No. 7 fittest college in nation

GROVE CITY, Pa. – Men’s Fitness magazine has named Grove City College the No. 7 fittest college in the nation for 2006.

Using research compiled from the Princeton Review rankings, the magazine names an annual list of the top 25 fittest and fattest schools. It is the first time Grove City has been named to the list.

This year, the Princeton Review rated Grove City based on its large participation in intramural sports, ranking it No. 7 on the “Everyone Plays Intramural Sports” list. The Review is not affiliated with Princeton University and compiles rankings from student surveys for its “Best 361 Colleges” guide every year.

Of Grove City’s 2,450 students, 1,600 to 1,800 participate in eight club sports teams and more than 30 intramural sports programs. Over the past several years, the College has expanded and updated its fitness and athletic facilities, most recently installing turf, an all-weather track and lights at Thorn Field to encourage more students to use the facilities.

According to Dr. Donald Lyle, athletic director and chair of the department of physical education and athletics, the College’s required freshmen Fitness & Wellness course is also a key component that “encompasses the theoretical and practical applications of sound fitness and wellness principles.”

The Men’s Fitness magazine rankings are based on a survey of more than 10,000 university students from 660 campuses. Students were asked about weight gain during college, workout routines and the types of campus services and facilities that support or discourage healthy habits. Colleges with high rankings offer healthy meal programs, good access to fitness education and facilities, high campus safety rates and some even have a physical education requirement, according to the magazine.

WTAE-TV reporter Andrew Stockey is covering the story tonight at 5:50 for the Pittsburgh news organization. WTAE is found on Channel 4 on the local Armstrong and Adelpia cable systems and stories can also be viewed at <http://www.thepittsburghchannel.com/index.html>.

This release is available for download at [www.gcc.edu/news](http://www.gcc.edu/news), where subscribers can also sign up for RSS feeds. Media may contact Clingensmith for further details.

*Grove City College is listed as one of the Most Competitive colleges in the nation by Barron’s. In its category, Grove City College is also ranked by U.S. News & World Report as the No. 1 Best Value and remains in the top ten overall for best colleges in the region in the 2007 guide to America’s Best Colleges. Kaplan has also called Grove City College a “best value” and a “hidden treasure” and Grove City College is a Princeton Review Best Bargain school. Founded in 1876, it is located 60 miles north of Pittsburgh, Pa. With an enrollment of 2,450 students, it is a private Christian college teaching the liberal arts, sciences and engineering. It is an advocate of the free market economic system and accepts no federal funding. Tuition is about half of the national average for private colleges.*

