EAGLES SOAR TO NEW HEIGHTS — THIRD FITTEST IN NATION

By JESSICA FARGEN

Boston College is the third most fit school in the country, thanks to its ultra-healthy campus where fast food isn’t sold, cigarettes aren’t supposed to be smoked and students strive to stay in shape, according to a new survey.

"It’s the culture here. You don’t want to be the one who is out of shape," said Allison Anderson, a senior from California and captain of the varsity volleyball team.

BC came in behind Dickinson College, a small liberal arts college in Pennsylvania, and Colgate University in New York, according to a Men’s Health magazine ranking of the Top 25 most physically fit colleges published this week. The University of Vermont ranked fifth.

The magazine surveyed 12,500 students at 115 colleges and universities asking how much fast food they eat, how often they exercise, and how often they drink alcohol and smoke cigarettes. The editors also polled school administrators.

The recreation center is open an average 17 hours a day and 4,600 students play intramurals, said BC spokesman Jack Dunn. The last fried-food restaurant on campus was closed and replaced this year with a healthier option. Smoking is banned on campus.

Students said the college makes it pretty easy to stay in shape.

"There’s so many intramural sports. The weight room is open until 11 p.m. There’s indoor tennis courts. It’s not hard at all to work out," said David Bluhm, a sophomore who works out five times a week.

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