



Challenge Yourself with Something New!

Now that you've gotten past January and are on the way to a healthier you in 2012, it's time to amp up your fitness by trying something new. Cross-training allows you to continually challenge your body by using different muscle groups in different ways. Campus Recreation & Wellness has just the activities to get you started!

You can start by attending RecFest on February 3 where you can try a variety of activities including karate, cornhole, basketball shootouts, and more. If one night won't suffice, sign up for our Intramural Men's and Women's Volleyball League. Or maybe you'd prefer to workout on your own? It's not too late to sign up for our Cross-Training Challenge or start training for one of our upcoming races.

Also this month, Campus Recreation & Wellness will offer health and safety classes, an Intramural wrestling meet, programming during Love Your Body Week, and a cooking demonstration by our registered dietitian. For more information on these or any of our other programs, visit us on our newly designed web page at reccenter.wcu.edu or stop by the CRC!

The Catamount Challenge

A 12-week challenge to be healthier! This is the perfect way to jumpstart your New Year's Resolution and make 2012 your best year yet. The program consists of four lunchtime meetings on the first Thursday of every month.

Join us Thursday, February 9 in the upstairs dining hall from 12:30pm-1:30pm. We will be demystifying calories as well as figuring out food labels. This is a collaboration between Campus Recreation & Wellness Nutrition Services and WCU Dining Services.

There is a chance to win prizes, so come check it out!

Grand Prize: Two Personal Training Sessions and two Nutrition Counseling Sessions

2nd Prize: 50 Declining Balance Points

3rd Prize: Wellness Basket

MIND-BODY EXPERIMENT

What: Partner Yoga

Where: CRC Studio 2

When: February 15 at 7pm



INSIDE THIS ISSUE

Intramural Schedule

Whee ♥ Quitters

First Aid and CPR/AED Certification

Nutrition

Love Your Body Week Events

Employee and Member of the Month

Intramurals

Sign up for Intramural events online: imleagues.com/wcu



Men's and Women's Volleyball Leagues

Sign-ups are due by Monday, February 13 at 4pm

Manager's Meeting - Monday, February 13 at 5pm

Single Day Events

Wrestling

Day/Time/Place

Thursday, February 23 at 5pm, Reid 112A

Club Sports are Back in Full Force for Spring

Club Sports has 19 opportunities for students to get involved during the Spring 2012 semester. Clubs include: Ballroom Dance, Baseball, Climbing, Cycling, Disc Golf, Equestrian, Fencing, Inline Hockey, Karate, Kendo, Men's Rugby, Men's Soccer, Men's Volleyball, Swimming, Tennis, Women's Rugby, Women's Soccer, Women's Volleyball, and Wrestling. For more information, visit our Club Sports page at www.wcu.edu/4151.asp and contact the current club president or stop by the CRC.

Group eXercise

MAX THE LIFT WITH GROUP EXERCISE

Group Exercise is a great way to "lift" your mind, body, and spirit. Classes are only \$10.00 for the entire semester and include all classes on the schedule. A few classes include Power Pump, Cycle, Zumba, Cardio Combat, Butts & Guts, Yoga, and more! Come max "The Lift" today with Group X. Register anytime the CRC is open.

AAAI/ISMA Personal Fitness Trainer Certification

CRW will host AAAI/ISMA Personal Fitness Trainer Certification on Saturday, February 11 from 8:30am-5pm. The AAAI/ISMA Personal Fitness Trainer Certification is for anyone who is interested in becoming a personal trainer or enhancing their training skills. The certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills. The cost is \$99 if you pre-register. Registration forms are available in the CRC.

Plain Jane Workshops

On Sunday, February 12, Plain Jane Fitness will hold two workshops: Interval-ocity from 9am-11:30am and Pump and Jump from 12pm-2:30pm. The cost of these workshops is \$50 each or \$90 for both. Registration forms are available in the CRC.

Interval-ocity is a workshop that involves 3 minute intervals of high-energy plyometrics, kickboxing, sports conditioning drills, and calisthenics with 1.5 minute intervals of muscle building mat conditioning.

The Pump and Jump workshop combines intervals of weighted barbell exercises with intervals of calisthenics and plyometrics. The combination of pumping weight and jumping drills gives students both high-intensity strength and cardio in one quick hour.

Standard First Aid & Community (Adult, Child, Infant) CPR/AED Certification Class

Date: Saturday, February 18

Time: 9am-2:30pm

Location: Campus Recreation Center Meeting Room

Cost: Member \$40.00

Non-Member \$55.00

Community \$95.00

Register at the Campus Recreation Center by Wednesday, February 15.



Men's Rugby Hosts Davidson

The Men's Rugby Football Club at Western Carolina will host Davidson College on Saturday, February 18th. The club will also host two other home matches and a coaches clinic this spring. All matches are played on the Camp Lab Fields.

RECFEST 2012

Friday, February 3

8pm-12am

Campus Recreation Center

RecFest is a great opportunity to workout, try new and fun activities, and win prizes. The more you participate, the greater the chance you can win! Come join us for a Friday night of fun!

Whee ♥ Quitters

A three week intensive smoking cessation program will be held Mondays beginning February 13 from 7pm-8pm and will offer smokers who want to quit the resources they need to do it! All sessions will meet in the Campus Recreation Center. Please visit the CRC to register. A deposit of \$20 is required upon registration (this will be returned upon your completion of all three meetings). Registration begins January 30 and ends February 10.

Cross Training Challenge

It's not too late to participate in the Cross Training Challenge for 2012! This year participants will log their activity on a paper tracking form and win a t-shirt for reaching pre-set goals in three different activities. Check the website or stop by the CRC for more information to start tracking your activities today!

Not Just About Candy Hearts

Everybody knows that February is about Valentine's Day and candy hearts. But did you know that February is also National Heart Health Month? The health of our heart affects everything we do because it supplies our entire body with the oxygen and nutrients by pumping blood. Genes, diet, exercise, and even stress can play a role in keeping your heart healthy. Everybody knows that you can't change your genes. So what can you do to keep your heart healthy? Here are some ideas:



DIET'S ROLE IN HEART HEALTH

According to the American Heart Association (AHA), maintaining a healthy weight, eating a healthy diet, and keeping your blood sugar at healthy levels can all help your heart do its job better by reducing cholesterol levels and keeping blood pressure in a healthy range. For a healthy diet, the AHA recommends increasing the amount of fruits and vegetables you consume, eating fish at least twice per week, watching sodium levels and the amount of sugar-sweetened beverages, incorporating more beans/seeds/nuts, and decreasing the amount of saturated fat in your diet.

EXERCISE

The American Heart Association recommends a minimum of 30 minutes per day, five days a week of exercise. You can still get the benefits, however, even if you break the exercise into two 15-minute walks. Walking is a great way for those who don't currently exercise to begin. And if you can't do 30 minutes right away? Just do what you can! Anything is better than nothing, and you'll soon work your way up to 30 minutes, maybe even more if you stick with it!

QUIT SMOKING

If you're a smoker, consider quitting as it can also affect your heart health by contributing to blockages in your arteries. Visit www.quitlinenc.com for free expert support.

STRESS

Stress causes a reaction in your body where your heart rate and breathing speed up and your blood pressure rises. Constantly having high levels of stress where your heart rate and blood pressure stay increased can damage artery walls. Each time your heart rate and blood pressure increase, your heart is working harder, and not in the good way like when you exercise.

If you have a nutrition-related question, sign up for Nutrition Services at the CRC or email nutrition@wcu.edu.

For more information including recipes, resources, and ideas, visit: <http://www.heart.org>

Contributor: Nicole Austin, CRW Dietetic Intern



Want to Impress Your Friends?

Join the CRC Nutrition Specialist and dietetic intern for a free cooking demo. Learn how to prepare a quick and easy dinner sure to satisfy your taste buds and budget. The cooking demo is Wednesday, February 15 at 7pm in the first floor kitchen of Blue Ridge Residence Hall. We will be learning to make Spinach and Bacon Pasta. Everyone is welcome!

Love Your Body Week

NUTRITION ASSESSMENTS

Are you getting enough of the nutrients your body craves? Stop by the second floor of the UC on February 20 and 22 between 12pm and 2pm for a quick nutrition assessment by a Registered Dietitian and Dietetic Intern. They'll analyze your eating pattern and provide you with advice and quick tips to improve your intake. Love your body with good nutrition and feel the difference!

WOMEN ON WEIGHTS

Are you afraid to cross the invisible line that separates the fitness machines from the typically "guy-infiltrated" weights section? Well, fear no longer! Sessions on February 21 and 23 will teach you how to use weights in a way that will benefit and tone your body and make the weights section a safe and comfortable place. Both classes will be held in the CRC from 5:30pm-6:30pm.

GROUP EXERCISE

Group X classes will be open to members from February 20-24 with a donation of a clothing item per class. Items will be donated to REACH of Jackson County.

Valley of the Lilies Half Marathon & 5K

MARCH 25, 2012



Proceeds to support WCU student professional development and travel. Hosted by the College of Health Sciences and the department of Campus Recreation & Wellness.

13.1 miles of beautiful mountains and the Tuckaseegee River
OR

3.1 miles through the WCU campus

Register now on www.active.com. Training program and technical shirt included with race fee!

Check halfmarathon.wcu.edu for details about the race! Contact Sandy Terhune at ValleyoftheLilies@wcu.edu with any questions.



EMPLOYEE OF THE MONTH



Jeff Grandy was raised in Wake Forest, North Carolina and is one of our Recreation Assistants. He has been with us since Fall of 2008 when we first opened the Campus Recreation Center. Jeff is majoring in Criminal Justice and when he graduates in May, he plans on attending an electric lineman school so he can work on powerlines. He enjoys interacting with CRC members and helping them reach their fitness goals. Jeff's hobbies include bass fishing in the summer and hunting every other time of the year. A Steelers fan, his favorite sport to watch is football. If he could travel anywhere, he would go to Alaska. If he won the lottery, Jeff would use the money to ensure his family is comfortable for the rest of their lives and

buy lots of land so he could grow crops and hunt. Congratulations, Grandy, and good luck in your future endeavors!



MEMBER OF THE MONTH



Dr. Ronald Morgan, Professor Emeritus, was born and raised in Memphis, Tennessee. He received his Ph.D. in German Language and German Literature from the University of Tennessee - Knoxville and taught German language and German literature at WCU from 1968 to 2005. Dr. Morgan is married to Hiddy Morgan (who is a past Member of the Month winner) and has two children, Pamela and Christopher. You can often see Dr. Morgan walking his daily 2.5 miles on our indoor track between 1pm and 3pm. He enjoys reading German and British literature, learning French, listening to the radio, watching TV, and drinking coffee with former colleagues. When he is not in Cullowhee, Dr. Morgan likes to travel to Memphis, Chicago, and Munich, Germany. He also travels to Nashville to visit his daughter and San Francisco to visit his son.



Have someone in mind for Employee or Member of the Month?

Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

See all issues of theLift online:
www.wcu.edu/25913.asp



Campus Recreation & Wellness

Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

WCU is a University of North Carolina campus and an Equal Opportunity Institution.