



Participate with Campus Recreation & Wellness on Tuesday, February 28th to recognize the National Intramural-Recreational Sport Association's (NIRSA) Recreational Sports and Fitness Day!

LOVE YOUR HEART

February is a month that symbolizes love. Western culture has an entire day this month dedicated to celebrating love. CRW would like to invite you to take time this month to celebrate love with a slightly different focus this year. The American Heart Association recognizes February as American Heart Month. Through this effort, the American Heart Association is promoting heart health. According to the Center for Disease Control, heart disease is the leading cause of death in the US for men and women. Why not take some time this month to take care of your heart, the part of your body that symbolizes love?

Whether you are celebrating on your own or with loved ones during this love themed month, here are some heart healthy alternatives to treat your heart well throughout the month of February.

- Spend some quality time with your loved ones. Plan an active outing such as sledding, ice skating, or gathering wood for a fire. If you are feeling adventurous, visit an indoor rock wall.
- Cooking at home is an excellent way to control what and how much you eat. Try to recreate yours or a loved one's favorite meal with healthy substitutions. Enjoy a candlelit dinner at home.

- Give to one another by giving back. Ask a friend to volunteer with you at a local organization. Giving back is a healthy habit that can boost your mood and help beat stress.
- If you go out to dinner with friends or a date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
- Give your pet extra attention by taking them a longer walk or playing for a few extra minutes. Getting active with your pet will benefit your heart health and your bond with your pets.
- Enjoy sweet treats you receive in moderation. Stick a box of chocolates in the freezer and enjoy over the next several weeks.

February 3rd is National Wear Red Day to raise awareness about women and heart disease. Join us by wearing red to celebrate!



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Intramural Sports

Intramural Sports are heating up! Here's a list of events, leagues and sign-ups to look forward to this month:

Drop-in Big Pink Volleyball: Friday, February 10th from 6-8pm in CRC Gym. Drop-in and play for as little or long as you like! No registration necessary.

Free Throw/3pt Contest: Monday, February 27th from 6-8pm and Tuesday, February 28th from 8-10pm in Reid Gym. No registration necessary, show up with your Cat Card.

All intramural registrations are available on IMLeagues.com/wcu or REC*IT - the official mobile app of IMLeagues - is your source for everything intramural and fitness. Check game schedules and results, communicate with team members, and receive real-time campus recreation updates on your phone. Download REC*IT in the App Store or Play Store.



LEAGUE	LOCATION	REGISTER BY	PLAY STARTS	DIVISIONS
Indoor Soccer League Tennis Doubles League	Reid Upstairs Gym Tennis Courts	2/8 3/1	2/13 3/13	M/W/CR M/W/CR

Club Sports

A new year offers new exciting opportunities for our club sport teams. Here is an update on some of our clubs.

Club Sport Report

- Clubs resumed activities January 17th.
- Women's Rugby is attending the "Throw Me Something, Rugger" tournament in New Orleans, LA. on February 18th.

It's a cold month ahead for home competitions but our club Sport teams are up for the challenge. Come support your fellow catamounts this February! Go Cats!

Women's Club Rugby vs College of Charleston
Saturday, Feb. 4th at 1pm, Camp Lab Fields

Men's Club Rugby Home Tournament
Saturday, February 18th, Camp Lab Fields

To find out more about our club sport teams, please visit our club sport webpage on the campus recreation website, or visit a club's imleagues home page.



Mind Body Experiment

Hooping
Wednesday, February 15
7:00-8:00pm
Studio 2



Join guest instructor, Kelly Timco, for this fun fitness activity featuring homemade hoops. If you have never tried a bigger hoop, now is your chance! The larger the hoop is in diameter, the slower the hoop will revolve around your body, which makes hooping easier. Both on and off body techniques will be taught, dance music and sharing smiles. Calories burn as this total body workout tones, strengthens, and is a proven mood lifter!

AAAI-ISMA Personal Fitness Trainer Certification

CRW is hosting an AAAI-ISMA Personal Fitness Trainer Certification on Saturday, February 18 from 8:30am-5:00pm. The AAAI-ISMA Personal Fitness Certification is for anyone who is interested in becoming a personal trainer or enhancing his or her 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.

In addition, the CRW will be hosting the Phase II of the Personal Fitness Trainer Certification with AAAI-ISMA on Sunday, February 19 from 8:30am-5:00pm. If you already hold your Personal Fitness Trainer certification and want to further your knowledge base and training skills this continuing education workshop might just be for you!

The cost for each certification is \$99 if you pre-register by February 3. Registration forms are available in the CRC and must be sent into AAAI/ISMA, there is also an option to register online. Please register early; a minimum number of participants must be registered early to host the event. If you have further questions contact Mandy Dockendorf at aldockendorf@wcu.edu

Enjoy a Heart Healthy Diet

Heart disease is the number one killer in the U.S. There are certain foods that we eat that can increase our risk for developing heart disease. A healthy diet and lifestyle are your best weapons to try and fight heart disease. There are a variety of ways you can help make your diet more heart healthy!

One of the first things you can do is look at the food label. Most food label information is based off of a 2,000 calorie diet but you may need more of less of this depending on your age, gender, and level of physical activity. Try avoiding any food items that have more than 20% of your daily value for fats and sugars. One of the biggest things to look for is the amount of sodium it contains.

Try to limit your daily sodium intake to 2,400 mg and food items that have more than 500 mg per serving. Reducing daily intake to 1,500 mg is recommended for those who have high blood pressure or are at risk for developing high blood pressure. Watch out for the different salt lingo on packages!

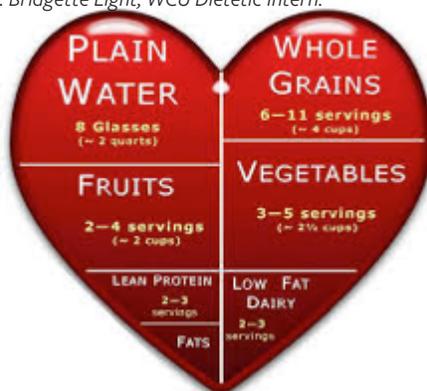
- “Sodium free” or “Salt free”: Contains less than 5 milligrams of sodium per serving.
- “Unsalted” or “No salt added”: No salt has been added.
- “Very low in sodium”: Provides 35 milligrams of sodium (or less) per serving.
- “Low in sodium” or “Contains a small amount of sodium”: Contains 140 milligrams of sodium (or less) per serving.
- “Reduced sodium” or “Less sodium”: Provides at least 25 percent less sodium than the traditional product.



Using Herbs and Spices in Place of Salt

Innovative use of herbs and spices offers a real flavor advantage, especially if your goal is to cook with less fat and sodium. Using less fat and sodium helps improve your cardiac health but herbs and spices can also help promote weight loss, provide antioxidants, and work as an anti-inflammatory. Try mixing a different herbs and spices next time your cooking and see what flavors you can create. You'll be surprised how great food can taste without using salt!

By: Bridgette Light, WCU Dietetic Intern.



Valley of the Lilies Half Marathon & 5K

Register today for the 2017 Valley of the Lilies Half Marathon and 5K! All proceeds from the race go to support student professional development and travel for students in the School of Health and Human Sciences or who work for Campus Recreation and Wellness! Proceeds from previous races allowed students to attend professional conferences, complete professional certifications, and attend continuing education workshops.

Early bird registration is going on now on active.com. Early registration is only \$20 for the 5K and \$40 for the Half Marathon. All race registrations include a technical running t-shirt and custom race bib. Half Marathon finishers all receive a finisher's award. Both races have awards for overall and age group winners. For more information on the half marathon and 5K, visit halfmarathon.wcu.edu or like us on facebook at WCU Valley of the Lilies Half Marathon & 5K.



VALLEY OF THE LILIES
2017 HALF MARATHON & 5K

Max the Lift with Group eXercise

Group Xercise is a great way to “lift” your mind, body, and spirit, not to mention an excellent way to de-stress! Classes are only \$10.00 for the entire semester and include all classes on the schedule. A few classes include HIIT, Turbokick, Cycle, Zumba, Bootcamp, Butts & Guts, Yoga and many more! So grab a friend or meet some few friends today with Group X! Purchase your pass anytime the CRC is open.

Health and Safety Certification Classes

CRW offers American Red Cross Health and Safety Certifications at affordable prices for students, faculty, and staff on campus! The courses are split between online content and classroom material. Participants must complete the online section before the start of classroom material. Sign up with cash or check at the Campus Recreation Center. If you have any questions regarding health and safety courses, please contact Brandon MacCallum at bmmacallum@wcu.edu. Upcoming courses include:

Adult CPR/AED and First Aid

Monday, 2/6/17
5-7pm
CRC Meeting Room

Lifeguarding Certification*

Friday 3/17/17 4pm-9pm
Saturday 3/18/17 8am-5pm
Sunday 3/19/17 9am-2pm
Reid Pool/CRC Meeting Room

*Recertifications not permitted in this course. All participants must pass a pre-requisite swim test prior to beginning online or classroom material. The swim test includes a 300-yard freestyle or breast-stroke swim with rhythmic breathing, a brick test, and a tread water test.



Outdoor Programs

Upcoming Events

Cataloochee Ski/Snowboard Shuttles

Friday, 2/10 4-11pm, Registration Deadline is Friday, 2/3 at noon.

Friday, 2/17 4-11pm, Registration Deadline is Friday, 2/10 at noon.

Friday, 2/24 4-11pm, Registration Deadline is Friday, 2/17 at noon.

Prices:

Students -

\$25 (lift ticket)

\$35 (lift ticket and rental)

\$45 (lift ticket, rental, and lesson)

Non-students

\$30(lift ticket)

\$40(lift ticket and rental)

\$50 (lift ticket, rental, and lesson)

**\$5 (ride only, if you already have a lift ticket and own gear)

Caving Day Trip to Worley's Cave

Saturday, 2/4, 8am-7pm

Registration Deadline: Thursday, 2/2

Cost: \$30 students/ \$35 non-students

S'mores on the Lawn

Wednesday, 2/15, 3-5pm

Base Camp will provide the materials to make s'mores on the UC lawn. Please stop by and warm up by the fire and indulge in a sweet treat. This event is FREE!

Roll Clinics

Roll Clinics begin on Thursday 2/9 from 7-9pm in Reid Pool.

Roll clinics will continue throughout the semester every Thursday evening until 4/6. Cost: FREE

Spring Break Trip

Florida Everglades Canoe and Camp: March 5-11th

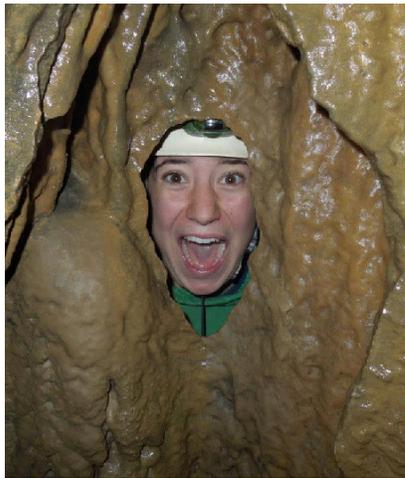
Come join BCC for four days of paddling tandem canoes and backcountry camping through mazes of marshland and mangroves in the Everglades National Park

Registration Deadline: Monday, 2/27;

Cost \$465 student/ \$490 non-student *

*Payment plans are available.

Stop by the Adventure Shop for more information.



Climbing Wall Events

Belay Clinics

Come out and learn how to belay every Wednesday from 6-8pm, FREE at the Climbing Wall.

Kids Climb

Friday, 2/24 from 5-7pm; Cost: \$5/child

Lead Climbing Clinic

Saturday, 2/4

Registration Deadline: Thursday, 2/2; Cost: \$10

El Cap and Mile High Climbing Club

Come push your climbing skills to the limit by trying to climb the height of El Cap (3,200 ft.) or the distance of a mile (5,280ft.), on WCU's climbing wall.

Log your climbs between February 20th and April 21st. Prizes for competitors who finish. Come to the Climbing Wall for more information or to sign up. Cost: \$2

10th Annual Rock and Rumble

Climbing Competition

Saturday, 3/18; 10am-6pm

Pre-registration: \$25, Day of Registration: \$35. T-Shirts, Raffle Prizes and Food! For more information check-out Base Camp's website.

Adventure Shop Hours

Adventure Shop hours were adjusted for the Spring 2017 semester. Come consult with BCC< register for trips, or check out rental gear during the Adventure Shop hours.

Monday - 11am-5pm

Tuesday-Thursday - 12-5pm



Bike Shop Hours

The Bike Shop is back for Spring 2017. Does your bike need a tune-up or do you need a part installed? If so, BCC can help! Check out the BCC Bike Shop located in the back of the CRC across from the bookstore. Bike shop hours for Spring 2017 are as follows:

Tuesday & Thursday 3pm-5pm

Hours of Operation

Advising Day

The Campus Recreation Center and Reid Pool will operate on regular Spring 2017 hours of operation for Advising Day. All programs will also run on regular schedule. For more information on our hours of operation, visit reccenter.wcu.edu

Upcoming Break Hours

To continue our trial of extended break hours, CRW will offer 6am-8am hours in addition to 11am-7pm hours during Spring Break and over the Easter Break. Please look for those hours of operation and plan your schedule accordingly.

For adverse weather updates, please call 227-8808. Hours subject to change. Please see our Hours of Operation online at reccenter.wcu.edu or <http://www.wcu.edu/experience/connect-and-join/campus-recreation/>

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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

Rec Sports and Fitness Day

Campus Recreation and Wellness is celebrating NIRSA National Recreational Sports and Fitness Day on Tuesday, February 28. National Intramural-Recreational Sports Association (NIRSA) is an organization committed to collegiate recreation and wellness. The CRC holds NIRSA's beliefs and principles. This day was established to focus on the positive benefits of recreational sports, fitness, outdoor recreation, and wellness programs.

Recreation Sports and Fitness Day is a reason for some fitness fun on a late-winter day! Join us at the CRC for a variety of activities and FREE giveaways throughout the entire day. Look for more details to come on how to take part in this national day of recreation and fitness to start improving your overall fitness and wellness!

EMPLOYEE OF THE MONTH

Emily Dobson was born and raised in Cary, NC, which is a few minutes outside of Raleigh. She is a sophomore Parks and Recreation major who is concentrating in outdoor leadership and education. Emily advises her co-workers to always pay attention and to take note of the small things for they can make a big impact. She loves building on prior conversations with participants in the facility. It makes working just a little more enjoyable. Working with the pro-staff and the Recreation Assistants (RA) is one of Emily's favorite aspects of working for CRW. She holds two positions as an RA and as an office assistant to the pro-staff. This has created a fun dynamic that Emily loves and says helps to make the CRC a fun place to be. She greatly enjoys getting to know and hanging out with her co-workers outside of work, and she likes to go hiking or backpacking whenever she gets the chance. Over spring break Emily plans on spending her time backpacking around Grayson Highlands, WV with the wild ponies. Emily is on track to study abroad for her junior year in Ireland through the PRM department. Congratulations Emily on being chosen our Employee of the Month!



MEMBER OF THE MONTH

Garrett Robinson is a criminal justice major from Gastonia, NC. He has been studying at WCU for the past three years and hopes to become a police officer when he graduates. Garrett's been exercising since the ninth grade and he says his favorite exercise is bench press. Garrett works out nearly every day of the week and his philosophy is to "Always better yourself." Congratulations Garrett on being chosen member of the month! We admire your workout consistency!



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.