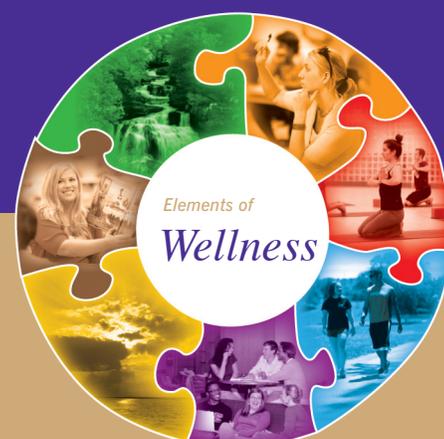




## Student Staff Recognition

The CRC and Reid Pool will close at 7:00pm on Sunday, April 13th for our student staff recognition.



## Do You Have an App for That?

CRW recognizes that technology is a part of our lives today, so why not use it to the best of our ability? There are several mobile apps out there that can help you with fitness and wellness goals and tracking. Here are some free apps available for mobile devices.

### Sleep & Relaxation

#### Sleep Time

Waking up made easy. This intelligent alarm clock analyzes your sleep and wakes you up in the lightest sleep phase to make waking up easier.

#### Relax Melodies

This app can be customized to your preferences and helps you relax and fall asleep. Formulated with ambient sounds to target brainwaves.

#### Calm

Calm can help you meditate, sleep, relax, and much more. This app can help you discover how meditation can improve your mood and your life.

### Nutrition

**Calorie Counter and Diet Tracker by MyFitness Pal**  
Largest database for food tracking available in an app. Allows you to see how many total calories

you have consumed and how many more you should be eating based on your goal. It also allows you to track your fitness calories burned.

#### HealthyOut

Looking for healthy food when you eat out? This app finds you dishes at local restaurants that match your nutrition preferences. It makes it easy to eat healthy when you're eating out!

### Fitness

#### Runkeeper

Allows you to track any route on your walks, hikes, bike rides, and runs. Customizable audio cueing that tells informs you of your pace on either mile or time markers. Available to link to social media applications to share your runs with your friends. Tracks distance climbed, pace per mile, routes, and personal bests.

### Nutrition & Fitness

#### FitDay

Allows you to track your food intake and fitness all in one app. Customizable goal settings to keep you on track.

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## Intramural Sports

### Intramural Championship T-Shirt Design Competition

The Intramural Sports program is looking for awesome, unique designs for its championship shirts for next year (2014-2015). Shirt designs categories include league and tournament shirts. Shirts will be voted on to determine the winner. The winner will receive one of their shirts. Check [imleagues.com/wcu](http://imleagues.com/wcu) for details and the entry form.



### Information and Sign-up for Intramural Sports

Information, registration procedures, dates, policies and rules can be found at [imleagues.com/wcu](http://imleagues.com/wcu). All leagues and most tournaments/events require pre-registration beforehand unless otherwise stated. Players must create an account and join their team through [imleagues.com/wcu](http://imleagues.com/wcu).

## EVENT

## LOCATION DATE

## TIME

## SIGN UP BY

4 on 4 Flag Football PEAKS Sand Volleyball* Kickball	Camp Bldg. Fields Village Sand Court Camp Bldg. Fields	4/11 & 4/12 4/13 4/26	6pm & 2pm 4pm 1pm	4/18 Show up w/ Cat Card 4/23
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\*Peaks events for Freshmen only

## 2014 Valley of the Lilies Half Marathon & 5K

Time's running out to sign up for the Valley of the Lilies Half Marathon or 5K! Even if you haven't been training, you can still do it – walkers are welcome in our 5K Run/Walk! Sign up today at [imathlete.com](http://imathlete.com) and be a part of this great WCU tradition!

Race Date: Saturday, April 5th, 2014

Time: Half Marathon starts at 8am, 5K starts at 8:15

For more information, visit [halfmarathon.wcu.edu](http://halfmarathon.wcu.edu)

Don't forget about the Res Hall Challenge! Anyone living in a WCU Residence Hall can

indicate their Res Hall in the registration process. They will then enter themselves in the contest to see which WCU Res Hall can get the most participants in this year's event. 5K & Half Marathon entries count so sign up and bring your friends! Prize will be a free dinner for the registrants from the winning Res Hall!

What you get for registering:

- Training program and fun running group to keep you on track! Meets 4 mornings per week and is free for all half marathon & 5K registrants!
- Nutrition tips from WCU Nutrition Interns
- Technical running shirt
- Goodie bag
- Half Marathon finishers will receive a finisher prize
- Possibly a fun, free dinner with your fellow Res Hall mates if you win the Res Hall Challenge!
- Pride and satisfaction in completing this awesome WCU tradition!

Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months!

## Mind-Body Experiments

### Hooping

April 14 from 6:00-7:00pm on the UC Lawn

Hooping is a fun, engaging, and simple exercise that can burn up to 100 calories every 10 minutes! Special guest instructor Kelly Timco will lead a total body hooping workout that can tone our muscles, burn fat and increase your aerobic ability. There are numerous other health benefits to hooping, including the ability to better keep your focus, reduce stress, and increase happiness, but most importantly it provides more energy for the other things you enjoy in life!

### Drum Circle

April 27 from 7:00-8:00pm in Studio 1

Group Drumming benefits include reducing stress and building self-expression. It creates an environment of support and team building. No musical experience necessary. Instruments are provided.



VALLEY OF THE LILIES  
2014 HALF MARATHON & 5K

## MyPlate and Exercise Nutrition

Why is it important to get each of these food groups at every meal?

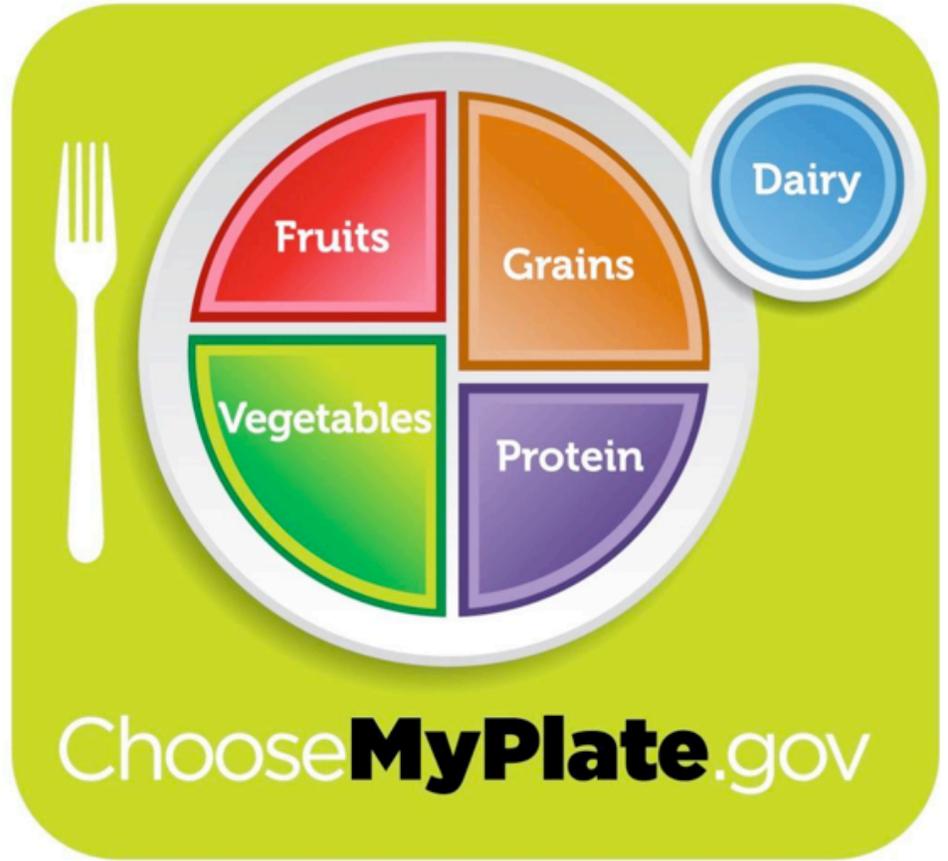
**Grains** - Grains provide mainly carbohydrates, which are the body's main source of fuel during exercise particularly as intensity increases. Skimping on carbohydrates leads to a breakdown of muscle for energy.

**Protein** - Among MANY functions, protein is imperative for muscle re-synthesis and re-building for athletes (but must be combined with carbohydrates for best results).

**Fruits** - Fruits provide that all-important carbohydrates, but also vitamins and minerals essential for proper recovery of trained muscles and prevention of illness.

**Vegetables** - Vegetables provide only a small amount of carbohydrates, but – like fruit – are a great source of fiber as well as vitamins and minerals. Fiber provides “staying power”, leading to sustained energy during activity.

**Dairy** - Choosing low-fat dairy products is a great way for athletes to take on more protein and carbohydrates, as well bone-strengthening calcium and Vitamin D – two components important for protection from injury.



*By Katie Tallman, WCU Dietetic Intern. If you have a nutrition-related question, sign up for nutrition services at the CRC or e-mail [nutrition@wcu.edu](mailto:nutrition@wcu.edu)*



## Earth & Wellness Celebration

The Earth & Wellness Celebration is back again this year. Join us to commemorate our annual Earth & Wellness Celebration on Tuesday, April 15th from 11:00am-2:00pm on the UC Lawn! The event includes wellness and environmental informational displays, games, local crafts, free giveaways, hula hooping, drum circle, and much more!



## Easter Break Hours of Operation

### Campus Recreation Center

Tue, Apr 15: 6am-8pm

Wed, Apr 16 & Thu, Apr 17: 11am-7pm

Fri, Apr 18 - Sun, Apr 20: CLOSED

### Reid Pool

Tue, Apr 15: Closes at 6:15pm

Wed, Apr 16 & Thu, Apr 17: 11am-2pm

Fri, Apr 18 - Sun, Apr 20: CLOSED

## theLift

theLift is a publication of Campus Recreation & Wellness at WCU

See all issues of theLift online:  
[wcu.edu/25913.asp](http://wcu.edu/25913.asp)



Campus Recreation Center  
Cullowhee, NC 28723  
828.227.7069  
[reccenter.wcu.edu](http://reccenter.wcu.edu)

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

## Dance Team Tryouts

Saturday, April 26th  
Tryouts: 10am-5pm  
Campus Recreation Center Studio 1

Tryouts are for a commitment for the entire 2014-2015 academic year, including both football and basketball seasons.



## EMPLOYEE OF THE MONTH



Courtney Dobner has worked for Campus Recreation & Wellness as a Personal Trainer and Recreation Assistant for over a year and a half. One of the reasons she came to WCU was the nice Recreation Center. Her favorite part of work is following her passion of training and motivating others to stay fit and to learn to love exercise and overall health. Her advice for fellow employees is to love their job and stay optimistic, energetic and motivated. Courtney is a Nutrition and Dietetics major and she would like to start her own gym, but until then will continue to do personal training. She is a member of the Pi Gamma Chapter of Delta Sigma Theta Sorority. A unique fact about Courtney is her activism for racial equality. CRW thanks Courtney for all her hard work and enthusiasm!



## MEMBER OF THE MONTH

Ashley Beavers has worked in Creative Services since February 2012. He is originally from Charleston, SC but grew up mostly in Ohio. Group X classes get him away from his desk, and the instructors and others in the class make it lots of fun. He grew up playing lots of team sports, but mostly soccer and basketball. After knee and ankle surgery in the last decade, he is not as active as he once was but he loves to be outside and moving. Ashley is a member of the WCU community Gamelan Orchestra. He has a plot in the Cullowhee Community Garden, and he is a big fan of the Village Bicycle Project. Congratulations Ashley on being chosen for our April Member of the Month!



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.