



Join us for the 5-year CRC Birthday Celebration!

On August 17, 2008, the Campus Recreation Center officially opened its doors to the WCU campus community. This year CRW will celebrate the CRC's 5th birthday on Saturday, August 17 from 11:00am-4:00pm. As part of the commemorative day, the first 100 people through the doors will receive a special CRC birthday shirt. Additionally there are several activities planned to highlight various programming, including Group X classes, climbing at the climbing wall, Intramural lawn games, Intramural basketball, club sport information, and more. As part of the day, everyone will receive a birthday card. Participants have the opportunity to complete 5 items on the birthday card to leave with another prize. The day is a great opportunity for fun, food, giveaways, and more so remember to mark your calendars and join us in this commemorative celebration!

WCU students, faculty, staff and spouses/dependents (who have a valid CatCard and are 17 years of age) are welcome to join in the activities. For those individuals who are not currently members, but are considering joining, the birthday celebration is a great time to experience what CRW has to offer and to tour the facility.

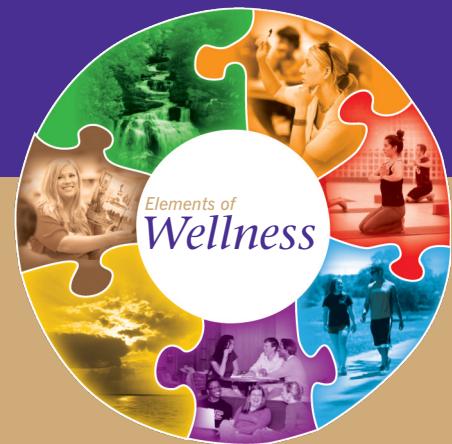
Fall Memberships

We are accepting memberships for faculty and staff for Fall semester. Just tell our front desk that you need to join. You may sign up for payroll deduction or pay by semester at the CRC. If you are already a member by payroll deduction, you are all set and do not need to do anything else. If you are a currently enrolled student, then you are already a member!

Presentations & Classes

Are you teaching a class this fall? Let us help you educate your students about health and wellness through a peer presentation, sport activity, or facility tour/information. Just complete the online form (<http://www.wcu.edu/27557.asp>) at least two weeks before your requested class and we'll work out the details!

WELCOME BACK!
Connect with old friends and make new ones. Work out at the Rec together! Give yourself a healthy start socially to support academic success.



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Intramural Sports

Intramural Sports offers a wide array of sports activities that cater to virtually any member of the Western Carolina University Community. All skill levels are welcomed and are FREE to students, faculty and staff of WCU.

Welcome back students! Who's ready to socialize, play, compete and try a new sport this year?! Check out imleagues.com/wcu or the Intramural Sport page at reccenter.wcu.edu for the fall schedule, policies/procedures, sport rules, and related information.

EVENT	LOCATION	DAY	DATE	TIME
Table Tennis Tournament	Cats Den	Wednesday	8/21	6pm
Billiards Tournament	Cats Den	Wednesday	8/21	8pm
Ladder Golf/Cornhole Tournament	UC Lawn	Monday	8/28	6pm

ULTIMATE FRISBEE LEAGUE

DIVISIONS INCLUDE: Men's and CoRec. Team sign-ups are due by Sunday August 25 at midnight. Season begins Tuesday, September 3.

FLAG FOOTBALL LEAGUE

DIVISIONS INCLUDE: Men's Competitive, Men's Recreation, Women's, Greek, and CoRec divisions. Team sign-ups are due by Monday, August 25 at midnight. Season begins Tuesday, September 3.

*Sign ups and registrations for all intramural sports will take place through imleagues.com/wcu. Pre-registration is required for all sports, unless otherwise stated.

Club Sports Gear Up

WCU's 16 active competitive Club Sports are scheduled to recruit new members at Valley BallyHoo on Saturday, August 17 from 4:30-7:00pm on the UC Lawn. Interested WCU students, faculty, and staff can stop by the club tables to sign an interest form and speak with members of the various clubs. If you or someone you know is unable to attend Valley BallyHoo, there is still always an opportunity to join a club. Look up the Club President's e-mail at reccenter.wcu.edu or on orgsync.com.

Competitive Club Sports for 2013-2014 include Ballroom Dance, Bass Fishing, Climbing, Cycling, Disc Golf, Equestrian, Fencing, Karate, Men's Rugby, Men's Soccer, Swimming, Tennis, Ultimate Frisbee, Women's Lacrosse, Women's Rugby, Women's Volleyball.

Dance Team Tryouts

The WCU Dance Team will host a fall tryout for the 2013-2014 academic year on Sunday, August 25 from 2:00-5:00pm in Campus Recreation Center Studio 1. Tryouts are for a commitment for the entire 2013-14 academic year including football and both men's and women's basketball seasons. Additional expectations include attendance at the 2013 Southern Conference Basketball Championships in Asheville, N.C., and participation in all mandatory fundraising activities with the squad, team building events and community service projects.

Participants in the tryouts are asked to please wear athletic, dance attire that will allow you to perform your best. Be prepared to run by bringing running shoes, as well as all other dance shoes you may need to perform jazz, hip hop and pom routines.

Tryout registration and assumption of risk forms are required and will be available on-site for the audition. For more information or if you are under the age of 18, please E-mail Jessica Graning at jegranning@wcu.edu prior to the tryout to complete the assumption of risk form with parent/guardian signature.



Drop the Salt Shaker

Sodium is a mineral that we mainly ingest in the form of salt. Our bodies need sodium, but most people get too much of it. The American Heart Association currently recommends consuming less than 1500 mg of sodium a day. That is a little less than 2/3 of a teaspoon. Most people consume about 3,400 mg of sodium a day, which is over twice the recommended amount.

Consuming too much sodium can raise blood pressure, increase your risk for heart disease, and increase your risk for stroke. According to the Centers for Disease Control, heart disease and stroke are two of the leading causes of death in the United States. Because too much dietary sodium can be harmful, it is important to limit sodium in the diet by making healthy choices.

Foods high in sodium include:

- Processed food
- Processed meat
- Fast food
- Canned foods
- Soups
- Frozen foods and entrees
- Snack foods
- Cheese
- Condiments
- Salad Dressings
- Pickles
- Tomato Products
- Vegetable Juice

Foods to eat more of include:

- Fresh fruits and vegetables
- Fresh herbs and spices
- Low/reduced sodium snack foods
- Low/reduced sodium soups
- Low/reduced sodium meats
- Low/reduced sodium canned foods

*information adapted from www.heart.org and from www.cdc.gov/salt/
Contributed by CRW Dietetic Intern David Lightner.
For nutrition related questions, please email nutrition@wcu.edu



Begin with small changes such as eating out less or adding in an extra serving of fresh fruit and vegetables to your diet. Over time small changes can add up and make a difference. Limiting sodium intake can be a challenge, but the health benefits are too great to pass up.

Red Flag Campaign

On August 24, WCU will again participate in a national campaign to increase awareness of dating violence and promote the prevention of dating violence on college campuses. The Red Flag Campaign is a flag and poster campaign that is focused on encouraging students to "say something" when they see a red flag in someone's relationship. So, when you see hundreds of little red flags around campus, it is not for construction, it's the first part of the campaign that is followed by posters raising awareness about violence.

The Red Flag Campaign is part of the largest Red Zone Awareness Campaign. The 'Red Zone' has been coined as the time period in the beginning of the fall semester when college students, particularly women, are at a greater risk for sexual assault than any other time during the school year. There are two main goals. The first to promote healthy relationships and the second is that we do not tolerate abuse at WCU!

For more information on the warning signs of dating violence, how to help, or how to get help for a friend, visit www.TheRedFlagCampaign.org or <http://redzone.wcu.edu>

Group X Jam & Group X Classes

Join us for fun, fitness, and prizes at the Group X Jam on Thursday, August 22 from 5:30-7:00pm. The Group X Jam is an opportunity to sample several Group Xercise classes for free. The Jam fills up quickly, so get there early!

Group X classes officially begin on Monday, August 26th.

Reminder: The Fall Group X schedule will be held hostage until the Jam. Group X classes are \$10.00 for the entire semester and include ALL classes on the schedule. Participants can register anytime the CRC is open or at Group X Jam.

**Group X Jam!
Thursday, August 22
5:30-7pm**

Hours of Operation

Campus Recreation Center

Thursday, August 1 & Friday, August 2: 6am-8pm

Saturday, August 3: 9am-12pm

Sunday, August 4: 5-8pm

Monday, August 5: 6am-8pm

Tuesday, August 6 – Friday, August 9: 11am-7pm

Saturday, August 10 & Sunday, August 11: Closed

Monday, August 12 – Friday, August 16: 11am-2pm

Saturday, August 17: 11am-4pm

Sunday, August 18: Regular Fall Hours Begin

Reid Pool

Thursday, August 1: 6-8am, 3-5pm

Friday, August 2: 6-8am, 12-1pm, 3-5pm

Saturday, August 3 – Sunday, August 11: Closed

Monday, August 12 – Saturday, August 17: 11am-1pm

Sunday, August 18: Regular Fall Hours Begin

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

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

Hands-Only CPR Classes

What is Hands-Only CPR?

Hands-Only CPR is a potentially lifesaving technique involving no mouth to mouth contact. It is best used in emergencies where someone has seen another person suddenly collapse. The hands-only technique increases the likelihood of surviving cardiac emergencies.



Getting Trained

Studies have shown that being trained in Hands-Only CPR can make the lifesaving difference when someone suffers sudden cardiac arrest. The class teaches how the hands-only technique can save a life.

Upcoming Class

Friday, August 9 12:10-12:50pm CRC Meeting Room
Contact Shauna Sage, CRW Director, at sage@wcu.edu to register.

>> EMPLOYEE OF THE MONTH

Haley Huffman is from Morganton, NC and has worked at the CRC since Fall 2012. She loves meeting new people and enjoys having amazing co-workers. After she earns her degree in Psychology, she plans to attend graduate school for School Psychology so she can work with children. Haley is a member of Phi Mu and also works at Jackson General Store in downtown Sylva. A fun fact about Haley is that she has participated in mission work in NC and Puerto Rico. Her advice to fellow employees is to always have a positive attitude and enjoy what you do. Thanks Haley for all your hard work in the CRC!



>> MEMBER OF THE MONTH



Christian Decker is originally from Virginia Beach, VA and moved to NC when he was five years old. He has been exercising all of his life and participated in various sports as a child, including wrestling, baseball, football and golf. Currently a Junior, he is a double major in Criminal Justice and Law with a minor in Business Law. He plans to attend graduate school and go on to work for a business firm or police agency and then transfer to the federal government. Down the road he also plans to start a family. Christian works out at either 6 am or midday and he likes all kinds of workouts. One of his favorite motivational quotes is, "Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it". -Lou Holtz. Congratulations Christian on being selected 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.