



HELP FROM DARK CHOCOLATE
According to research, eating about 30 calories a day of dark chocolate has been associated with lowering blood pressure without weight gain.

Fall Semester is a Balancing Act

The start of fall semester is always a busy time and it is important to balance your schedule to find time for you! If you know this is going to be a difficult task, find a colleague, friend, or family member who can hold you accountable and/or join you in your wellness efforts. After all, "The 'I' in illness is isolation, and the crucial letters in wellness are 'we'." ~Author Unknown

And don't forget that "we", Campus Recreation & Wellness, are also here to help you feel The Lift. To kick off fall semester, check out Group X Jam to sample a variety of Group X classes. Sign up for one of our new personal training packages suited to better fit your needs. Join a group of friends for a walk or jog around campus utilizing our newly updated walking routes brochure. Register for an intramural sport league or activity on imleagues.com. Go for a swim for a total body workout in Reid Pool. For more information on any of CRW's activities, check out our website at reccenter.wcu.edu.

Join a Club Sport!

Are you interested in participating in your sport of choice for the entire academic year? If so, club sports may be an option for you. Western Carolina University has a variety of active clubs for you to participate in during 2012-2013. Some clubs are competitive, while others are recreational or social in nature. Active Clubs include: Aquatics, Disc Golf, Karate, Tennis, Wrestling, Ballroom Dance, Equestrian, Kendo, Ultimate Frisbee, Climbing, Fencing, Men's Rugby, Women's Rugby, Cycling, Inline Hockey, Men's Soccer, and Women's Volleyball.

Interested members can visit the Club Sports tables at Valley BallyHoo or contact the president of the respective club. To get the president's contact information, please visit reccenter.wcu.edu, click on Recreation & Wellness, Club Sports, Active Club Sports.

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Red Flag Campaign

On August 27, WCU will again participate in a national campaign to increase awareness of 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. Red Zone programs promote healthy relationships and illustrate our stance that abuse is not tolerated 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>.

Hours of Operation

Campus Recreation Center

Special August Hours

Friday, August 3	6:00am-2:00pm
Saturday, August 4 & Sunday, August 5	Closed
Monday, August 6 – Friday, August 10	11:00am-7:00pm
Saturday, August 11 & Sunday, August 12	Closed
Monday, August 13 – Friday, August 17	11:00am-2:00pm
Saturday, August 18	9:00am-4:00pm
Sunday, August 19	Begin Fall 2012 Hours

Fall Regular Hours of Operation

Monday – Friday	6:00am-10:00pm
Saturday	9:00am-5:00pm
Sunday	1:00pm-9:00pm

Reid Pool

Special August Hours

Friday, August 3	6:00am-8:00am, 12:00pm-1:00pm
Saturday, August 4 & Sunday, August 5	Closed
Monday, August 6 – Friday, August 10	11:00am-1:00pm
Saturday, August 11 – Friday, August 17	Closed
Saturday, August 18	10:00am-1:00pm
Sunday, August 19	Begin Fall 2012 Hours

Fall Regular Hours of Operation*

Monday-Friday	6:00am-8:00am
Monday	9:00am-3:45pm, 6:15pm-9:00pm
Tuesday	9:00am-3:45pm (until Oct. 23), 9:00am-11:00am & 12:15pm-3:45pm (beginning Oct. 23), 6:15pm-9:00pm
Wednesday	9:00am-12:30pm (Aug. 29, Sept. 5, 12 ONLY), 9:00am-3:45pm (all other Weds.), 6:15pm-9:00pm
Thursday	9:00am-3:45pm (until Oct. 23), 9:00am-11:00am & 12:15pm-3:45pm (beginning Oct. 23), 6:15pm-9:00pm
Friday	9:00am-9:00pm
Saturday	10:00am-1:00pm
Sunday	5:00pm-8:00pm

*Subject to change based on academic classes or special groups.

All CRW hours are open swim which include lap, rec, and family swim.

To register for Family Swim, please visit the CRC. Cost is \$10.00/semester.



Shiver Me Timbers! A Pirate’s Night at CRC!

Ahoy Students! Come to RecFest during WCU’s Welcome Week! You can play a variety of activities throughout the CRC, including some in Reid Pool this year! The event will be Friday, August 24 from 7pm-11pm. Students are encouraged to try as many activities as possible in one night. The more activities a student participates in, the more chances to win great prizes!

RecFest will be host to a variety of events including 3-legged races, a cannonball contest, Human Battleship, Group X classes, and a smoothie bar!

Hope to see all of the students stopping by our Pirate’s Night at the CRC this month!

Presentations and 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!

Group X Jam and Classes

Join us for fun, fitness, and prizes at the Group X Jam on Thursday, August 23 from 5:30pm-7pm. The Group X Jam is an opportunity to sample several Group X exercise classes for free. The Jam fills up quickly, so get there early!

Group X classes officially begin on Monday, August 27. 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 the Jam.

Smart Snacking

What foods do you think of when you see the word snack? If you're like most people, snack foods = convenient, sweet, salty, fatty goodness...right. Snacks, however, don't have to be so unhealthy. Snacks can be a great way to boost your nutrient intake and fill in the gaps of your diet.



PLAN AHEAD

The USDA recommends that half your plate be fruits and vegetables. As a way to supplement your diet with fruits and vegetables try snacking smart. A smart snack should be around 200 calories and add to your daily nutrient goals. Leave the doughnuts, cakes, and potato chips behind and grab some healthier options! Try snacking two times per day between meals. A key component to establishing healthy snacking is to plan ahead. Create snacks ahead of time to store and grab as you need. Making your own snacks can help ensure that nutritious foods are always available.

BENEFITS OF HEALTHY SNACKING

- Provides you with sustained energy throughout the day
- Helps regulate your metabolism
- Helps keep your focus
- Keeps you more full and prevents overeating at meals
- Contributes to a balanced diet

THE NITTY GRITTY

Fiber and essential fatty acids

Fiber is essential for a healthy digestive tract and can help lower cholesterol. High fiber snack foods include nuts and seeds. These same snacks also contain heart healthy omega-3 fatty acids. Aim for trail mix, almonds, pecans, walnuts, and pistachios the next time you grab a snack. Be aware of portion sizes; 1 ounce of nuts is a serving, and low-salt or no-salt options are best.

Fact: Pistachios have the largest portion size at 49 pieces. They are also rich in antioxidants and fiber!

Did you know? Many nuts like cashews, peanuts, walnuts and almonds contain phytosterols, which have cholesterol lowering effects!

Calcium

Calcium is important for bone health and some Americans do not meet daily requirements. The recommended daily amount of calcium intake is 1000-1200 mg/day. Calcium rich snacks include fruit and yogurt, cottage cheese and fruit, low-fat or sugar free pudding, yogurt smoothies, and low-fat string cheese.

Vitamins and Minerals

Most smart snacks are packed full of vitamins and minerals which have a multitude of beneficial influences to your health.

SMART SNACK IDEAS

- Trail Mix – try making your own
- Yogurt
- Low-fat cottage cheese and fruit
- Dried fruit with no added sugar
- Hummus and raw vegetables
- Make a small veggie bag
- Peanut butter and celery
- Make a small salad with grilled chicken or fish with low fat dressing.
- Low fat chocolate milk
- Whole grain bagel

BE MINDFUL OF MINDLESS SNACKING

Knowing why you are snacking and what you are snacking on can be the difference between smart snacking and adding extra calories. Avoid snacking while you are bored or stressed, and don't make a habit of rewarding yourself with unhealthy choices.

If you have a nutrition-related question, please email nutrition@wcu.edu.





Dance Team Tryouts Saturday, August 25

Do you or someone you know, that is a full time WCU student, want to be a member of the 2012-2013 WCU Dance Team? The Dance Team will host a second round of tryouts on Saturday, August 25 beginning at 10am in the Campus Recreation Center – Studio 1. Tryouts should be over at approximately 3pm. Tryouts are for both football and basketball seasons, as well as special events, so it is a full academic year commitment including some University breaks. For more information, please e-mail Dance Team Coach Jessica Graning at jegraning@wcu.edu or visit the Dance Team table at Valley BallyHoo.

Intramural Sports

Welcome back! Get pumped for an exciting fall season of intramural sports. We offer a wide array of sports and activities that cater to virtually any member of the Western Carolina University community. All intramural activities are FREE to students, faculty, and staff of WCU. So come socialize, play for fun, compete to win, and try something new this year like our newest intramural sport, Kan Jam! It's an exciting doubles game that is a mix between frisbee and cornhole. The registration deadline for Kan Jam is Monday, August 27 at 11:59pm.

All skill levels are welcome! Check out the Intramural Sport page on the CRC website for the fall schedule, policies/procedures, sport rules, and related information.

Ultimate Frisbee League

Sign-ups are due by Tuesday, August 28 at 11:59pm. Attend the Managers Meeting on August 29 at 6pm in the CRC Meeting Room. Play will begin Tuesday, September 4.

How do you sign up?

All sign ups and registrations will take place through imleagues.com. Visit the Intramural Sports webpage for detailed directions on signing up through IMLeagues.



Event/Activity	Location	Date	Day of the Week	Time
Ladder Golf	UC Lawn	8.20.12	M	3pm
Billiards	Cats Den	8.21.12	T	5pm
Table Tennis	Cats Den	8.21.12	T	7pm
Kan Jam	UC Lawn	8.28.12	T	5pm

EMPLOYEE OF THE MONTH



Emily Brandt began working for Campus Rec & Wellness as a Recreation Assistant in December 2009 and was recently promoted to Supervisor. Group Xers may know her as the Butts & Guts instructor. Emily is majoring in Psychology and plans to either go to vet school or get a masters degree in Animal Behavior after she graduates. She has enjoyed making friends through fellow employees and patrons during her time at CRW and describes herself as outspoken and dedicated. Emily's advice to fellow student employees is to keep a positive attitude and always act as if one of the professional staff is watching. Emily's chosen superpower would be to clean the house like Mary Poppins because that's her least favorite thing to do and there's always more cleaning to do! Congratulations, Emily!

MEMBER OF THE MONTH



Amy Johnson is from Oklahoma City, Oklahoma and has been at WCU for two years. She is the Administrative Assistant for the School of Stage & Screen. Amy prefers to work out earlier in the day and really enjoys the Group Exercise classes, particularly Zumba and PiYo. She made a lifestyle choice last August when she started working out four to five times per week and eating healthier. She also started personal training with Doug Bishop and notes that he's great at pushing her when she needs it and being supportive at other times. Amy has lost 30 pounds so far and has learned that you will have your ups and downs week by week but you just have to keep at it and in the long run it will be worth it. Great job, Amy! See you in PiYo!

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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