



Wishing you  
health and happiness  
during the  
holiday season!

## Destress During the Holidays

The holidays can be a stressful time as there are a variety of demands that leave you feeling overwhelmed. Here are a few things you can do to keep your stress levels low over the holidays.

**1. Be Realistic** – it is okay to say no so you do not overcommit yourself during the holidays. Hold on to your closest traditions but recognize that there are plenty of other times during the year when you can celebrate with family and friends you may not have the time to see over the holidays.

**2. Stick to a Budget** – The holidays can be a financially taxing time if you are not careful. Be mindful of holiday spending and stick to a budget so you don't let finances be an added stressor.

**3. Plan Ahead** – Scrambling at the last minute adds more stress to your life. Plan ahead for holiday parties and be sure to schedule your prep time during the week to prevent undue stress.

**4. Stick to Healthy Eating Habits** – Overindulging can make you feel guilty, which adds more stress. You can enjoy the holidays without

overdoing it. Consider ways you can keep your eating in check over the holidays.

**5. Get Some Exercise** – Exercise can help you destress so it is important to find ways to fit it in over the holidays. Consider including others in your exercise plan – maybe a light walk with a friend, a play date with your children, or a family workout at home.

We hope everyone has a safe and relaxing holiday break. Happy Holidays from Campus Recreation & Wellness!



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# Intramural Sports

On behalf of Intramural Sports, we would like to thank everyone for their participation and enthusiasm throughout the program this semester. We had great competition and team spirit across the board. Be sure to come watch us crown our final champions of the semester in the following two events:

Intramural Volleyball Champ Night: Wednesday, Dec. 2nd at 7pm in the Ramsey Center

Intramural Outdoor Soccer Champ Night: Thursday, Dec. 3rd at 7pm in the WCU Stadium



When you return from break, keep an eye out for the below leagues and tournaments available for registration in January.

# Club Sports

Clubs Sports had a great fall semester with many our club teams competing at home and away, as well as partaking in community service projects. Thank you to everyone who participated with one of club sport teams or came out to support them. We look forward to the spring semester!

Feel free to support our club sport teams, who are student organizations, by donating to their club. It's greatly appreciated!

To donate or find out more about our club sport teams, please visit our club sport webpage at [reccenter.wcu.edu](http://reccenter.wcu.edu), or visit their [orsync](#) or [imleagues](#) pages.

## LEAGUE

## LOCATION

## DATE

## TIME

## REGISTER BY

Basketball League  
Table Tennis Doubles Tournament  
Darts Tournament

Reid Gym  
Norton Residence Hall  
CRC

2/1  
1/13  
1/14

5-11pm  
6pm  
6pm

1/27  
show up w/ cat card  
show up w/ cat card

# Outdoor Programs

### Climbing Wall Hours of Operation:

The climbing wall is open through Thursday, December 3rd and closed during finals week. We reopen for the Spring semester on Monday, January 11th.

### 2016 Base Camp Cullowhee Opportunities:

Mark your calendars for our February Ski Trip to Snowshoe Mountain, WV from 2/24-2/28. Registration starts Monday, January 11th. The deadline to register is February 16th. Register between 1/11-1/15 and receive early bird pricing! For more information, contact Jeremiah Haas, [jhaas@wcu.edu](mailto:jhaas@wcu.edu).

Base Camp will also host Friday Night Ski Shuttles to Cattanoochee. Schedule coming soon!

Calling all climbers! The 9th Annual Rock and Rumble Bouldering Competition is on Saturday, February 20th. This is Base Camp's largest climbing event! For more information, email Base Camp at [basecamp@wcu.edu](mailto:basecamp@wcu.edu).

For more trips, expeditions and clinics coming in spring 2016, visit [basecamp.wcu.edu](http://basecamp.wcu.edu).



Snowboarders at Cataloochee Ski Area.

## How Your Diet Can Help Your Smile



Have you ever been faced with the dreadful pain of dental caries and cavities? Nutrition can play a tremendous role in the health of your smile. The amount of saliva, food choices each day, and even the type of water you drink affects the health of your mouth. Healthy eating has been shown to increase the health and strength of your teeth. Imagine how much money you could save if you only had to get your teeth cleaned twice a year while eating a healthy diet instead of going multiple times to get cavities filled? You also get to avoid the pain!

**Saliva:** Less saliva means more risk for dental caries. It is supersaturated with calcium and phosphorus, which is used to “buffer” acids and re-mineralize areas of the tooth surface. An acidic mouth is a nutritious environment for bacteria to grow in, thus calcium and phosphorus aid in preventing plaque build-up in the mouth. Chewing sugarless gum, rinsing mouth with water frequently, choosing moist, nutrient-dense foods, avoiding sticky or sugary foods, alcohol, and caffeine, and consuming fluids with meals and throughout the day can help increase saliva.

**Fluoride:** Fluoride is a mineral that can be received either systemically (fluoridated water, fluoride supplements) or topically (fluoridated toothpastes, mouth rinses, fluoride applied in the dental office). Individuals are highly encouraged to consume tap water that has been fluoridated and receive regular preventive care from a dental hygienist. Fluoridated water is supported with strong evidence for reduction of caries and limited evidence of harm to the body.

### How to Prevent Dental Cavities with Good Nutrition:

- Minimize snacks containing sugars or processed starches.
- Brush teeth after eating soda, cakes, cookies, raisins, potato chips, or pretzels.
- Chew xylitol or sorbitol gum after meals or snacks when good oral hygiene is not immediately possible.
- Consume dairy products to neutralize pH in the mouth and increase re-mineralization with calcium and phosphorus.
- Drink fluoridated water, swish with mouthwash, and buy fluoridated toothpaste.
- If fluoride is not in your water, ask your doctor or dentist about taking a fluoride supplement.
- Rinse mouth with water after eating.
- Avoid acidic foods or beverages.
- Do not brush teeth immediately after exposure to acidic foods or beverages – the enamel has softened from the acid and will cause more damage when bristles of toothbrush come into contact.
- Consume adequate amounts of fruits and vegetables.
- Decrease consumption of sugar-sweetened beverages and alcohol.
- Always consult a dentist or dental hygienist for regular check-ups twice a year.

*by Callie Kettner, WCU Dietetic Intern. If you have a nutrition-related question email nutrition@wcu.edu*

## Group Exercise

Thank you to all the participants who have made this semester a success! The last day for GX classes for the Fall semester is Friday, December 4th. We will kick off the spring semester with Group X Jam on Thursday, January 14th from 5:30pm-7:00pm! Come try out the variety of classes the Group X program has in store for Spring 2016 with opportunities to win prizes and get some free giveaways! If you want to get a jumpstart on the Spring semester, you can purchase your Group X Spring 2016 pass starting, Monday, November 30th, in the CRC Main Office. The spring semester schedule will begin on Tuesday, January 19th.

## Finals Week Group X classes

Classes are FREE to all CRC Members! De-stress with some fun-filled group classes!

Monday 12:10-12:50pm: PiYo Strength w/ Mandy  
5:30-6:15pm: Power Pilates w/ Ali

Tuesday 11:30am-12:10pm: Zumba w/ Sloan  
5:30-6:00pm: Tabata w/Allison

Wednesday 12:10-12:50pm: Yoga w/ Michaela  
5:30-6:15pm: Butts & Guts w/ Logan

## Group Exercise Instructor Training Course

### Love It! Learn It! Lead it!

Do you regularly attend group exercise classes? Have you thought to yourself, I think it would be fun to learn how to teach a group exercise class? Here is your chance! CRW will be offering a Group Exercise Instructor Training class beginning Saturday, January 23rd. There will be additional classes scheduled at the first session, subsequent sessions will most likely be held during the weekdays in the evening. The only requirement to participate is to have a Spring 2016 Semester Group X pass. There is no other fee to participate in the course. For additional information and registration please contact Mandy Dockendorf at aldockendorf@wcu.edu or 828-227-8801



## Special Holiday Group X Classes



If you are sticking around during the Holiday Break, we want to offer you the opportunity to stay active with Group X. Any CRC member can join us for these FREE classes! All classes are held from 12:10-12:50pm.

Monday, December 14:	Yoga	Michaela
Tuesday, December 15:	Zumba	Sloan
Wednesday, December 16:	321 Jump	Shauna
Thursday, December 17:	Total Body Conditioning	Shauna
Monday, January 4:	Power Pump	Mandy
Wednesday, January 6:	Yoga	Kellie
Friday, January 8:	PiYo Strength	Mandy

# Upcoming Events

## Personal Training

Beat the New Year's Rush! Do you have big fitness goals for 2016? It's never too early to prepare for your new year's resolutions and new fitness goals. A personal trainer can give you the knowledge, tools, and motivation to accomplish all that you set out to do! If you purchase your personal training sessions now, you can begin using them immediately or wait till January to begin. The bonus of purchasing your sessions now? If you purchase 10 training sessions, you'll get 2 additional free sessions, purchase 5 sessions get 1 additional session free! The offer is on sale from Monday, November 30th-Friday, December 18th. Let our nationally certified personal trainers help you achieve your goals!

## Cross Training Challenge is Back for Spring 2016

Beginning January, the Cross Training Challenge will return and it has something for everyone! You get to choose the activities you would like to participate in, some of which include walking/running, hiking, intramural sports, climbing, swimming, and so much more! Registration forms will be available online and at the front desk of the CRC after the holidays. More details to come in January!



## TRX Sessions

Coming back this spring, 30 minute TRX sessions! TRX suspension training helps develop strength, balance, and core stability simultaneously. Look to sign up for these free 30 minute sessions at the front desk of the CRC when the spring semester begins.

## Ask A Trainer

Have questions about the personal training program? Want to learn proper form and technique about a particular exercise? Stop by the Ask A Trainer table to get your questions answered by one of the CRW Certified Personal Trainers. Look for times coming at the start of the spring semester!

## Small Group Training Specialty Program

What are the benefits of training with a small group? This small group training specialty class is designed to inspire, challenge and motivate you. Each group is led by a certified personal trainer who will help you push and exceed your personal limits. The training sessions will build and continually challenge you each week, while your team will inspire you to keep moving. Look for dates, times, and cost for this new program coming January 2016.

## Long-Term Lockers

Long-term Locker Holders – It's that time again!

If you are on payroll deduction, you do NOT need to turn in your locker key. However, the CRC staff would like you to know that your locker will be wiped down and vacuumed out on either Tuesday, December 15th or Wednesday, December 16th. Therefore, you have two options. You can take your belongings out of your locker during that time OR if you have belongings in your locker at that time, we will simply take the belongings out, clean your locker, and place your belongings back in the locker. It is certainly helpful for us if you remove your belongings, but we also do not want to inconvenience anyone.

If you are not on payroll deduction but have a long-term locker, you also have two options. The first option is to renew your membership for spring semester by Wednesday, December 9th. This will allow you to keep your locker key. Remember, we will still clean your locker on December 15th or 16th. The second option is to return your locker key to the main office by Wednesday, December 9th. If you choose the second option, you will need to place your name back on the locker waiting list when you sign up during Spring Semester.



## 2016 Valley of the Lilies Half-Marathon & 5K

**Date:** Saturday, April 2nd, 2016

**Times:** 8:00am Half Marathon, 8:15am 5K

Visit [halfmarathon.wcu.edu](http://halfmarathon.wcu.edu) for more information or, to register, go to [imathlete.com](http://imathlete.com) and search "Valley of the Lilies"

Presented by:



# THE ASCENT PARTNERSHIP



# Hours of Operation

## Exam Week

### Campus Recreation Center

Monday, Dec 7 – Thursday, Dec 10: 6am-10pm

Friday, Dec 11: 6am-2pm

Saturday, Dec 12 & Sunday, Dec 13: Closed

### Reid Pool

Monday, Dec 7 – Thursday, Dec 10: 6am-8am, 9am-3:45pm, 5:15pm-9:pm

Friday, Dec 11: 6am-8am, 9am-1pm

Saturday, Dec 12 & Sunday, Dec 13: Closed

## Holiday Break

### Campus Recreation Center

Monday, Dec 14 – Friday, Dec 18: 11am-7pm

Saturday, Dec 19– Saturday, Dec 20: Closed

Monday, Dec 21 & Tuesday, Dec 22: 11am-2pm

Wednesday, Dec 23 – Sunday, Jan 3: Closed

Monday, Jan 4 – Friday, Jan 8: 11am-7pm

Saturday, Jan 9: Closed for Staff Training

Sunday, Jan 10: 1pm-9pm

Monday, Jan 11: Regular Spring 2016 Hours

### Reid Pool

Monday, Dec 14 – Wednesday, Dec 16: 11am-1pm

Thursday, Dec 17 – Sunday, Jan 3: Closed

Monday, Jan 4 – Friday, Jan 8: 11am-1pm

Saturday, Jan 9: Closed for Staff Training

Sunday, Jan 10 5pm-8pm

Monday, Jan 11: Regular Spring 2016 Hours

# 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 and Wellness

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

## A BIG Thank You!

We want to thank our graduating seniors and individuals moving on to internships for their service to Campus Recreation & Wellness.

Best of luck as you move on to a new life adventure!

Jon Benken  
Ali Harris  
Zack Holden  
Arthur Jefferson  
Margaret Magee  
Taylor Murphee  
Lauren Page

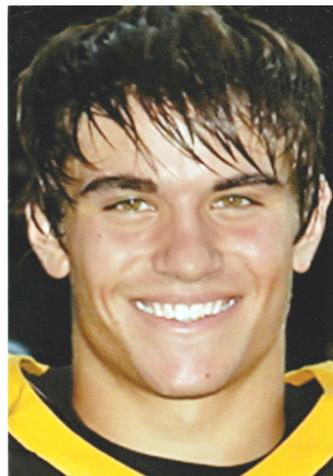


## EMPLOYEE OF THE MONTH

Savannah Camper has worked for Campus Recreation & Wellness since May 2015. Her favorite part of working here is the opportunity to create work for her colleagues and her campus. She is grateful to have a job in her major's field while she's in school, and to be able to create work that reflects her passion for WCU is an amazing bonus. Savannah's advice to fellow employees is to get to know the people around you, because it makes work more enjoyable! She is a Fine Arts major with an emphasis on Graphic Design. After graduation, she wants to move to the west coast and work in environmental graphic design, do work for music festivals, or public art projects. Savannah describes herself as having the personality of an old lady! She is technologically challenged, loves naps, and showing ridiculous photos of her dog. If she wasn't an artist, she would probably be a botanist, due to the amount of houseplants she keeps. CRW thanks Savannah for all of her hard work and dedication!



## MEMBER OF THE MONTH



Kyle Bernier is from Murphy, NC. He is a Health and Physical Education major, and he wants to train as hard as he can for CrossFit, so he can make regionals and the games during the summer. Kyle's favorite method of working out is to change it up and shock his body so that he does not plateau, while preparing his body to handle stress. He designs his workouts based on his weaknesses that he is aware of, so that he can be as balanced an athlete as possible. He has been exercising his whole life and grew up playing sports in an active family. Kyle enjoys the outdoors, sports, friends, and learning new activities. Some of his health and fitness views are that you cannot out-exercise a bad diet, exercise should be a priority, and that you should partake of exercise your whole life. Congratulations, Kyle, on being chosen for our Member of the Month! We admire your dedication and exercise ideals.

**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.