March 20th is the first day of spring for 2015. Spring is the perfect time to renew your personal wellness, as more outdoor activities become available. Think about planting your own garden this spring, a perfect thing to think about in March since it is National Nutrition Month. Or how about trying a new outdoor activity? Join Base Camp Cullowhee, our outdoor program at WCU, on some great outdoor adventure trips this spring. Or how about signing up for a local race? The Valley of the Lilies Half Marathon and 5K is just around the corner and you still have time to register at imathlete.com. For more information on CRW upcoming programs and services, read on or check us out on the web at reccenter.wcu.edu.
Basketball Championship Night
Come cheer on your favorite team or watch some great basketball at the Intramural Basketball Championship Night at the Ramsey Center on Wednesday, March 4th. Championship games for Men’s Competitive, CoRec, and Women’s are 8pm-11pm. Times for each game TBD.

Softball League
Choose from Men’s, Women’s or CoRec. Games begin March 22nd on the Camp Lab Fields. Register by March 12th.

4v4 Flag Football League
Choose from Men’s, Women’s or CoRec. Play begins March 22nd on the Camp Lab Fields. Register by March 16th.

4v4 Sand Volleyball League
Choose from Men’s, Women’s or CoRec. Games begin March 30th in The Village. Register by March 23rd.

Register for leagues and events on www.imleagues.com

For program updates regarding adverse weather, please call 828-227-8808. The line will be updated by 3 pm if at all possible.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
<th>REGISTER BY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Throw and 3-Point Contest Battleship Tennis Doubles League March Madness Bracket Challenge</td>
<td>Reid Gym</td>
<td>3/2 &amp; 3/3</td>
<td>6pm-8pm</td>
<td>show up w/ cat card 3/16</td>
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<tr>
<td></td>
<td>Reid Pool</td>
<td>3/21</td>
<td>1pm-5pm</td>
<td>3/16</td>
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<tr>
<td></td>
<td>Tennis Courts</td>
<td>3/17</td>
<td>n/a</td>
<td>3/16</td>
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<td></td>
<td>IMLeagues.com/wcu</td>
<td>3/19</td>
<td>12pm</td>
<td>3/19</td>
</tr>
</tbody>
</table>

Race Date: Saturday, March 28, 2015
Time: Half Marathon starts at 8am, 5K starts at 8:15am
For more information, visit Halfmarathon.wcu.edu
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!
March is National Nutrition month and the 2015 theme is “Bite Into a Healthy Lifestyle”. Biting into a healthy lifestyle has never been easier with these 3 simple steps to health.

1. Consume Fewer Calories
2. Make Informed Choices
3. Get Daily Physical Activity

Step one can be easy to conquer without having to count a single calorie. By using the MyPlate model in the image on the right you can control your calorie intake at each meal. Just take the time to design your plate so that ½ is fruit and/or vegetables, ¼ is protein, and ¼ is grains. Visit ChooseMyPlate.gov for more information.

Step two can be accomplished by taking a few minutes out of your day to read food labels and actively think about the foods you are choosing to eat. Checking labels for total calories per serving, fat, protein, carbohydrates, fiber, and sodium are a simple way to help you choose foods that are better for you. We want fat and sodium intake as low as possible, carbohydrates and protein will vary, and the higher the fiber intake the better. Be sure to check the ingredients list for hydrogenated or partially hydrogenated oils, which indicates the item contains trans fats. It is always best to avoid any foods containing trans fats.

Step three will be more fun than any of the other steps. Getting adequate physical activity can be as simple as playing basketball, hiking, or even just walking at a brisk pace for 30 minutes a day with your friends. By taking 30 minutes out of your busy day to not only get some physical activity but also spend some time with friends will help you feel better both physically and emotionally.

For more information, hands-on activities, and free gifts visit the Campus Recreation and Wellness and Aramark sponsored National Nutrition Month events on Monday, March 23rd from 11am-1pm in the Campus Dining Hall, or Thursday, March 26th from 4-6 pm in the CRC lobby. There is no sign up necessary; just stop by the booth and learn more about how to “Bite Into a Healthy Lifestyle”!

By Krystle Thomas, WCU Dietetic Intern. If you have a nutrition-related question e-mail nutrition@wcu.edu

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Mind Body Experiment

**Yoga for the Hungry Heart**
Wednesday, March 25, 7pm-8pm
Studio 1

Our bodies need healthy nutrients, but we also have to feed our minds and our hearts. In this yoga class taught by Chad Hallyburton, we’ll ask ourselves, “What is it that my heart hungers for, and how can I feed it?” A well-fed heart not only sustains itself, but can feed others.

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Max the Lift with Group eXercise

Group Xercise is a great way to “lift” your mind, body, and spirit. As the end of the semester approaches, let the group x classes help you reduce some stress along with assisting you in achieving your health and fitness goals. Check out the latest group x schedule on the CRC website. It begins March 16 and ends on May 1. If you don’t currently have a group x pass you can purchase one anytime the CRC is open, for only $10 cash or check.

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**Group X**

Are you looking for a personalized training program? Do you want to meet specific fitness goals or train for a particular event? If so, sign up to meet with one of our certified personal trainers today. Our trainers provide you with a fitness assessment to determine your current fitness level and sit down with you to determine the best course of action to meet your goals. The fitness assessment includes determining your resting heart rate, blood pressure, body composition, muscular strength and endurance, cardiovascular fitness, and flexibility. There are a variety of training packages available. For more information, inquire at the Campus Recreation Center.

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**GROUP X**
Welcome Base Camp Cullowhee Staff!

CRW wants to send a warm welcome to the staff at Base Camp Cullowhee. Not only are we fortunate to be adding so many great programs and services to our offerings, but we are gaining a great professional staff and team of student staff members. This team is headed up by Josh Whitmore, Associate Director for Outdoor Programs, Jeremiah Haas, Assistant Director for Outdoor Programs, and Azissa Singh, Climbing Wall Manager.

Jeremiah Haas, Azissa Singh, and Josh Whitmore
Spring Break

Hours of Operation

**Campus Recreation Center**
Fri, Mar 6: 6am-7pm
Sat, Mar 7 & Sun, Mar 8: Closed
Mon, Mar 9 - Fri, Mar 13: 11am-7pm
Sat, Mar 14: Closed
Sun, Mar 15: 5pm - 9pm
Mon, Mar 16: Resume Regular Spring 2015 Hours

**Reid Pool**
Fri, Mar 6: Pool Closes at 6pm
Sat, Mar 7 - Sat, Mar 14: Closed
Sun, Mar 15: 5pm - 8pm
Mon, Mar 16: Resume Regular Spring 2015 Hours

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**Health & Safety Certification Class**

**Standard First Aid and Community Adult CPR/AED (Adult, Child, Infant)**
Date: 3/26
Time: 5pm to 7:30pm
Location: Campus Recreation Center Meeting Room
Cost: Member $40, Non-Member $55
Register at the Campus Recreation Center by Monday, March 9th. This a blended-learning course which means there will be an online portion to complete prior to the class date.

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**EMPLOYEE OF THE MONTH**

This is Dylan Morgan’s second semester working as a lifeguard for Campus Recreation & Wellness. His favorite part of the job is that we are always trying to improve our services, and he is able to learn and practice new skills that are beneficial to his future. He enjoys our staff and customers. His advice to fellow employees is to always have a positive attitude that keeps the needs of the customers as the main priority. Dylan is an Emergency Medical Care major who plans to be a paramedic after graduation, and he hopes to work overseas. He describes himself as an adventurous person who loves to help others and get to know them. Dylan plans to run the Valley of the Lilies half-marathon. Congratulations, and thanks for all your hard work, Dylan!

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**MEMBER OF THE MONTH**

Isaac Barham was born in Rochester, NY, then moved to Port St. John, FL, and at age ten moved to Winston-Salem, NC. A Computer Information Systems major, he wants to work as a programmer for a company in Silicon Valley, CA. Isaac began exercising on August 18th, the first day of classes and his birthday. His current goal for health and fitness is to lose weight, learn to eat properly, and live a happier more stress-free life. He uses the tools IIFYM and MyFitnessPal. We admire Isaac’s dedication and workout consistency. Congratulations on being chosen for Member of the Month!

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**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.