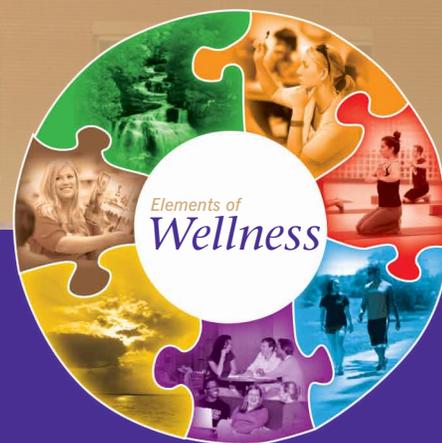




HANDS-ONLY CPR

One quarter of Americans say they've been in a situation where someone needed CPR. If you were one of them, would you know what to do? *Continued on Page 2*



Beat the Heat or Enjoy the Great Outdoors

Summer is a great time to beat the heat by utilizing the Campus Recreation Center and Reid Pool for your workouts. The facilities provide a variety of workout options for people with varying needs. Additionally, Group X is kicking into gear again for the Summer Sessions and, at only \$5.00 per summer session, it is a great way to stay motivated. Group X will also offer Aqua X for the first time during the summer for those wishing to workout in the pool. Check out the Hours of Operation section and Group X section for more information on indoor opportunities.

For those individuals who wish to get outside this summer, intramurals has just the activities to help get you moving. From a Sand Volleyball league and Kickball tournament to Cornhole Doubles on the UC Lawn, the Intramural Sports program has something for everyone. Intramurals is a great way to get involved, stay active, and socialize. It is also a great way to release your inner competitiveness. Check out our Intramural Sports section for more information.

Lastly, CRW would like to thank everyone for their patience and understanding during our annual shutdown. The shutdown is necessary to proactively maintain the CRC and chemicals used during the gym floor refinishing process are not to be inhaled while working out. Enjoy the remainder of your summer!

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Welcome, Jonathan!

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Intramural Sports

The Intramural Sports program is FREE and open to all WCU students, faculty, and staff. Intramurals is a great way to get some activity and socialize with others. It is also a great way to compete with colleagues or people you live with during the summer. Summer 2012 offerings will include a Sand Volleyball League in June and several other one day activities throughout June and July.



Intramural League

Sand Volleyball (CoRec, Men's, Women's)
Tuesdays & Thursdays, June 5 – June 28, 5pm-9pm
Sign ups will take place on imleagues.com. Teams need to be signed up online by noon on Monday, June 4 to be eligible to play.

Intramural One-Day Activities

Just show up at the start time of these activities to participate!

Event/Activity	Location	Date	Day of the Week	Time
Kickball	Camp Lab Fields	6.12.12	T	5pm-8pm
Sand Volleyball	Village Court	7.3.12	T	5pm-7pm
Dodgeball	Upstairs Reid Gym	7.5.12	Th	5pm-7pm
3-on-3 Basketball	CRC Gym	7.10.12	T	5pm-7pm
Cornhole Doubles	UC Lawn	7.12.12	Th	5pm-7pm
4-on-4 Flag Football	Camp Lab Fields	7.17.12	T	5pm-7pm
Kickball	Camp Lab Fields	7.19.12	Th	5pm-7pm
Ultimate Frisbee	Camp Lab Fields	7.24.12	T	5pm-7pm
Ladder Golf Doubles	UC Lawn	7.26.12	Th	5pm-7pm

Get Fit with Group X This Summer

The Summer Session I Group X schedule begins on Monday, June 4 and runs through Tuesday, July 3. Our Group X Summer Session II schedule will run from Thursday, July 5 through Friday, August 2. The cost is only \$5.00 per session for CRC Members for everything on the schedule. To register, bring your Cat Card and cash or check to the CRC. The Summer Session II schedule will be online beginning Wednesday, June 27 at reccenter.wcu.edu.

Summer Session I Schedule: June 4-July 3

*Aqua Combo classes begin June 12

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:15am	Sunrise Cycle Brittany Studio 1				
12:10pm-12:55pm	Power Pump Mandy Studio 2	PiYo Strength Ashley Studio 2	Power Yoga Kellie Studio 2	Butts & Guts Emily Studio 2	321 Jump Kellie Studio 2
		Aqua Combo* Brittany Reid Pool		Aqua Combo* Shauna Reid Pool	
5:15pm-6pm	Outdoor Fitness Shauna Meet in CRC Lobby	Butts & Guts Margaret Studio 2	Cycle Challenge Ashley Studio 1	Kickboxing Ashley Studio 1	

Steam Plant Shutdown - No Hot Water

Due to the University's central steam plant shutdown, the Campus Recreation Center will not have hot water for showers, etc. from Wednesday, May 23 – Friday, June 8. We apologize for the inconvenience.

Hands-Only CPR

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 that occur outside medical settings (from American Red Cross; www.redcross.org).

GETTING TRAINED

We have no scheduled classes this summer for Hands-Only CPR, but are happy to offer classes for any departments or student groups who would like to get this training! Please contact Sandy Terhune at slterhune@wcu.edu if interested. Hands-Only CPR classes are FREE and only take 30 minutes so it's a quick and easy way to get your office or organization more prepared for an emergency!

If interested in getting full certifications (CPR, AED, First Aid), classes will be available in the fall. If departments or groups would like to set-up a certification class this summer, please contact Sandy Terhune to discuss possible dates, times, and fees.

GX Class Descriptions

321 Jump: 3 minutes step, 2 minutes strength, and 1 minute of jumping activity for a total body workout.

Aqua Combo: Combination of shallow water and deep water exercises (buoyancy belts provided).

Butts & Guts: Hit both areas in this dynamic sculpt class

Cycle Challenge: Interval drills cycle class to challenge your strength and endurance.

Kickboxing: A mix of cardio and strength drills that incorporate all your basic kickboxing moves.

Outdoor Fitness: Get a great workout using just you and the surroundings of the great outdoors.

PiYo Strength: This is a sport performance class designed to build flexibility while increasing overall strength and gaining greater stability.

Power Pump: A structured strength class utilizing a barbell and weight plates to tone and strengthen.

Power Yoga: A more intensive yoga challenge using poses in an active flow series.

Sunrise Cycle: Cycle your way into the day in this interval based cycle class.



Quit Smoking Today

There is no time like the present to quit smoking! What are the benefits of quitting over time?

20 minutes after quitting-Your heart rate and blood pressure drop.

12 hours after quitting-The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting-Your circulation improves and your lung function increases.

1 to 9 months after quitting-Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting-The excess risk of coronary heart disease is half that of a continuing smoker.

5 years after quitting-Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years after quitting-The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx and pancreas decreases.

15 years after quitting-The risk of coronary heart disease is the same as that of a non-smoker.

Resources to help you quit:
www.quitlinenc.com (1-800-QUIT-NOW)
www.smokefree.gov
www.cdc.gov/tobacco/quit_smoking

Getting Tired of your Workout Routine?

Then stop in to Reid Pool for a dip in the pool to get your heart rate up this summer!

Benefits of swimming and other water-based exercises:

Easy on the body

1. Less impact on joints (especially helpful for people with arthritis, musculoskeletal, or weight limitations). "When immersed to the waist, your body bears just 50% of its weight; immersed to the chest 25-35%; and to the neck, 10%."
2. Good for rehabilitation of injuries.
3. Relieves pain and stiffness and improves range of motion for people with arthritis and other disabilities.
4. Causes less airway irritation to those with exercise-induced asthma due to the warm, humid air around the pool.
5. Improves or maintains bone health in post-menopausal women.

General Fitness Improvements

1. Uses all major muscle groups (shoulders, legs, hips, back, abdominals, glutes).
2. Helps build strength. "Water affords 12 times the resistance as air in every direction."
3. Cardiovascular & Strength workout in one!
4. You can swim for a lifetime! The United States Masters Swimming competitions have a 100-104 year old age group!

Fun & Challenging!

1. Can be a social activity to do with your friends & family – all ages!
2. Changes up your normal routine to give you new challenges and health goals to achieve.

There are so many great benefits of aquatic exercise. Beat the heat this summer and stop in the pool for a refreshing workout! Reid Pool has **Open Swim** hours weekdays from 6am-8am, 3pm-5pm and on Monday, Wednesday, Fridays 12pm-1pm. On weekends, you can swim from 10am-12pm on Saturdays and 5pm-7pm on Sundays.

Family Swim is a service we provide for all WCU full-time employees and students. It costs \$10 per semester and allows you to bring in your immediate family members any time the pool is open for Open Swim. Please come by the Campus Recreation Center if you have any questions or if you'd like to sign up.

NEW THIS YEAR: We are offering Aqua X classes this summer!

June 12 – August 2, Tuesdays & Thursdays 12:10pm-12:55pm

Aqua X pricing:

CRC Members: \$5/session (SS1 & SS2) – Includes all Group X classes

Sign up at the CRC

Non-CRC Members WCU Faculty/Staff (F/S): \$10/summer

Sign up at the CRC (through Whee for Life)

Non-CRC Members Spouses/Life Partners of F/S: \$20/summer

Sign up at the CRC

Community Members: \$35/summer

Sign up with Educational Outreach 828-227-7397

Be sure to bring your Cat Card when you head over to the pool and we hope to see you all there soon!

SOURCES:

CDC: www.cdc.gov/healthywater/swimming/health_benefits_water_exercise.html

WebMD: www.webmd.com/fitness-exercise/features/fitness-basics-swimming-is-for-everyone

Medicinenet.com: www.medicinenet.com/swimming/page4.htm#benefits



Hydration

Keeping an ample hydration status is important any time of year, but especially during the summer months. Drinking enough fluids might be an afterthought for some, but it is very important for your health.

Water accounts for 60-70% of total body weight, and metabolically active muscle cells have the highest concentration of water. Therefore the leaner a person is, the greater the total body water percentage. Water is essential for digestion, absorption, and excretion. It also acts as a transport medium for nutrients in the circulatory system. The body does not have a provision to store water; therefore the water lost from our bodies must be replaced.

DID YOU KNOW?

Your body has the ability to make water. Water produced by the body is called metabolic water. Metabolic water is the end product of fat, protein, and carbohydrate when broken down for energy. Your body can make about 200-300 ml/day or about 1 ¼ cups!

FOOD HAS WATER TOO!

Most vegetables and fruits have high percentages of water. For example: lettuce is 96%, cucumbers are 95%, watermelon is 92%, apples are 84%, and potatoes contain 75% water. This is just another reason to increase your daily intake of fruits and vegetables.

If you have a nutrition-related question, please email nutrition@wcu.edu.
Source: www.eatright.org/Public/content.aspx?id=3424&terms=hydration

Contributed by Ben Henson, CRW Dietetic Intern

WATER IS BEST

Yes, while it is true that some athletes need sports drinks to help rehydrate, for most people water is just as efficient. Sports drinks can be necessary for people and athletes who exercise for an hour or more. Otherwise, sports drinks are just extra calories intake and extra money outtake from your pocket.

Sodas and alcohol can actually decrease your hydration status. Both caffeine and alcohol are diuretics, so limit their consumption. If you do drink a caffeinated beverage, be sure to follow it up with water to replace lost hydration.

HOW MUCH WATER DO I NEED?

I am sure you have heard the phrase “drink eight glasses a day”. Well the truth is that each individual’s water needs are based on the individual’s metabolic needs. In other words, there is not a “magic number” that every person must reach. The “eight glasses a day” slogan is a good guideline to follow, but the best judgment of hydration status is up to the individual. Thirst is typically the basis of hydration, but also the color of your urine should be light and clear. Other signs and symptoms of dehydration are dry mouth, muscle cramps, and light headedness. In more severe cases, dehydration can cause heart palpitations, weakness, and nausea and vomiting.

When exercising, be sure to drink water frequently throughout. It’s recommended you drink 16 to 24 ounces of water post-exercise to replace water lost through sweating.

Stay Safe During your Hot Weather Workout

When exercising in hot weather your body is under additional stress because both the exercise itself and the air temperature increase your core body temperature. If proper precautions are not taken, you are more at risk for heat-related illnesses.

Under normal conditions, your body self-regulates temperature through adjustment of skin, blood vessels, and perspiration levels. Heat-related illness occur when these systems are unable to properly regulate body temperature. They occur along a spectrum, starting out mild but may progress if left untreated. Heat Cramps are painful muscle contractions typically experienced in the calves, quadriceps, and abdominals. During Heat Exhaustion, your body temperature

may rise as high as 104°F; symptoms include nausea, vomiting, headache, fainting, weakness and cold, clammy skin. Heat Stroke is a life-threatening condition in which your body temperature is greater than 104°F; confusion and irritability may occur. During Heat Exhaustion your body may have lost its ability to sweat. Immediate medical attention is needed to prevent brain damage, organ failure, or death.

Heat-related illnesses are largely preventable. By taking some basic precautions such as staying hydrated, avoiding the noonday sun, and wearing light colored, loose fitting clothing, you can exercise safely throughout the summer heat.

In addition, you should get acclimated to exercising in the heat over the course of one to two weeks; build up to doing in the heat, the workout you have been doing indoors or in cooler weather. Don’t forget to wear sunscreen! A sunburn decreases your body’s ability to cool itself. Check the weather forecast, and take your workout indoors if there’s a heat advisory. Most importantly, listen to your body! Stop immediately if you’re feeling dizzy, faint or nauseous.



Hours of Operation

CAMPUS RECREATION CENTER

May 31, 2012 - August 2, 2012

Monday-Friday 6am-8pm

Saturday 9am-12pm

Sunday 5pm-8pm

Closed Wednesday, July 4

REID POOL

June 11, 2012 - August 2, 2012

Monday-Friday 6am-8am, 3pm-5pm

Monday, Wednesday, Friday 12pm-1pm

Saturday 10am-12pm

Sunday 5pm-7pm

Closed Wednesday, July 4

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.

Meet our new Assistant Director of Intramural Sports!



Howdy! My name is Jonathan Johnston and I was born and raised in Irving, Texas (former home of Texas Stadium and the Dallas Cowboys). I received my bachelors degree from Texas A&M University in Rangeland Ecology and Management, and then received my masters degree from Oklahoma State University in Leisure Service Management. I have a huge passion for campus recreation and student development and have worked in the field for about 8 years. My previous position was the interim Operations Coordinator at the University of Oregon's Student Recreation Center. You can usually find me playing sports (mainly volleyball and softball), going to sporting events, attending live music concerts, getting outdoors and playing video games. I'm the proud

uncle of a four year old niece and I have a dog named Ace. An interesting fact about me is that I once scuba dived with sharks, but most importantly, I love anything that revolves around food including eating, cooking, and grilling.

EMPLOYEE OF THE MONTH



Amanda Kowaleski began working for Campus Rec & Wellness as a Recreation Assistant in January 2012. Amanda is majoring in Athletic Training and plans to go to graduate school to obtain her masters degree after she graduates. She enjoys meeting new people and describes herself as determined, nice, sarcastic, and adventurous. Believe it or not, Amanda has visited 24 different states and drove to each of them. Her superpower, if she could have her pick of the litter, is time travel so that she could see how far we've come and where we are going. Keep up the good work Amanda!

MEMBER OF THE MONTH



Dona Potts is from Waynesville, NC and will celebrate 28 years at WCU in August. She is the Administrative Support Associate for the Accounting, Finance, Information Systems, and Economics department in the College of Business. Dona has exercised off and on for most of her life but began taking it seriously when she was diagnosed with high blood pressure in 2005. She walks daily (her favorite exercise) and has been able to stop taking her blood pressure medicine completely. Dona believes walking is one of the best overall exercises for those over the age of 50 and knows from experience that exercising keeps you healthy, prevents many diseases, and definitely makes you feel better. Dona's hobbies are spending time with her wonderful husband of 28 years, spending time with her mother and father, being active in church,

traveling, and reading. Congratulations, Dona!

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.