



Summer Outdoor Recreation

Campus Recreation & Wellness wants you to come join us for Group X, Intramurals, swimming and informal recreation during the summer. However, we also recognize there are some great outdoor fitness and recreation activities in our area. Here are some activities this summer that can help you get outdoors, while being active.

1. Hiking – There are several area hikes that are both beautiful and unique to the mountains of Western North Carolina.

2. Mountain Biking – Check out WCU’s trail system for a great mountain biking workout.

3. Rafting or Kayaking – There are several local rivers and companies that offer water opportunities. Check out Base Camp Cullowhee, our on-campus outfitter.

4. Gardening – Growing your own vegetables can be hard work, but it is also extremely rewarding and delicious.

5. Fishing – Get your North Carolina fishing license and head out to the local lakes or rivers.

6. Camping – Get your gear or check it out from Base Camp Cullowhee and go camping this summer.

7. Swimming or Boating - There are several local lakes that have public access for swimming, as well as opportunities to rent boats.

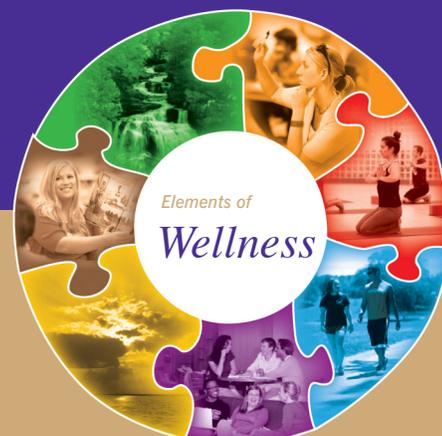
8. Sand Volleyball – Check out the courts on campus. We are even offering a Sand Volleyball league during June, so check it out!

The CRC is open throughout Summer Session I & II, with the exception of July 4th & 5th, so still come visit us for all your fitness needs. Continue reading for more information on our summer offerings and hours of operation.



Long Days Mean More Time!

The longer days during summer mean you have greater opportunities to start your workout earlier or do it later at night. This means you can take “time” off your excuse list and create a consistent workout schedule.



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Summer Intramural Sports

Done with your homework and looking for something to do? Come join intramural sports for a fun-filled summer! We are offering league sports and other intramural activities each summer session. Go to imleagues.com/wcu for details. Player and team registration is required for leagues and tournaments. For drop-in events, participants just need to show up with cat card. Students registered for summer and fall classes, and faculty/staff are eligible to play. All players must have an imleagues account.



Summer Session 1

3 on 3 Basketball League: Tuesdays in June; register by June 1.

Sand Volleyball League: Wednesdays in June; register by June 1.

Dodgeball Tournament: Monday, June 16; register by June 11.

Drop-in Innertube Water Polo: Monday, June 30th; just show up at Reid Pool.

Summer Session 2

4 on 4 Flag Football League: Mondays in July; register by July 1.

4 on 4 Ultimate League: Thursdays in July; register by July 1.

Drop-in Goal Ball: Wednesday, July 9; just show up at CRC.



Get Fit with Group X this Summer

The Summer Session I Group X schedule begins on Monday, June 2nd and runs through Thursday, July 3rd. The cost is only \$5.00 for CRC Members for everything on the schedule. To register, bring your cat card, \$5.00 cash or check, and visit the CRC.

Please also join us during Summer Session II. Our Group X Summer Session II schedule will run from Monday, July 7th, through Friday, August 1st. Again, the cost is only \$5.00 for CRC Members for everything on the schedule. The Summer Session II schedule will be online beginning Wednesday, June 25th, at reccenter.wcu.edu.

Class Descriptions:

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.

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.

Tabata: Intense athletic conditioning class to challenge even the most active participants.

Total Body Conditioning: This class incorporates cardio and dynamic strength training exercises for a total body workout.

Xpress Cycle + Abs: Boost your energy for the day with 30 minutes of cycling followed by 15 minutes of core strengthening exercises and stretching.

Yoga: Learn the asanas (postures) for a better understanding of yoga benefits.

Summer Session I Schedule: June 2nd-July 3rd

**Aqua Combo begins on June 17.*

	Monday	Tuesday	Wednesday	Thursday	Friday
12:10pm-12:55pm	PiYo Strength Mandy Studio 2	Xpress Cycle + Abs Mandy Studio 1	Yoga Kellie Studio 2	Power Pump Mandy Studio 2	Total Body Conditioning Shauna Studio 2
		Aqua Combo Shauna Reid Pool		Aqua Combo Brandon Reid Pool	
5:15pm-6:00pm	Tabata Lauren Studio 2	Yoga (ends at 6:15) Erica Studio 2	Cycle Challenge Sarah Studio 1	Butts & Guts Lauren Studio 2	

Hydrate, Hydrate, Hydrate

As the weather heats up, hydration becomes more important during physical activity. Many of us love walking, jogging, biking or running outdoors during the summer months, but it becomes much more vital that we stay well-hydrated. Dehydration can not only slow you down and make you feel bad; becoming dehydrated can be very dangerous to your overall health. When you sweat, it is your body's way of cooling you down. If you stop sweating due to dehydration, this can cause your body to overheat, leading to heatstroke. Water has many functions in the body, and it is very important for us to stay hydrated during physical activity.

How can you tell if you are becoming dehydrated?

The easiest way to tell if you are hydrated is the color of your urine. If your urine is a clear to pale yellow then you are hydrated. If your urine is a dark yellow then more than likely you are dehydrated and need to drink more fluids.

How can you know how much fluid you have lost after physical activity?

One of the easiest ways to know how much fluid you have lost during a workout or activity is by weighing yourself before and after the exercise. By doing this you can know how much fluid you have lost.

Once you know how much fluid you have lost, how much fluid do you need to drink to replenish what was lost?

For every pound lost, you need to drink a pint (2 cups) of fluid. If you weighed yourself before and after the activity, and have lost 2 pounds, then you need to drink 4 cups of water to replace what you have lost.

What should I drink to replace what I lost during exercise?

Water is best for replenishing your lost fluids. If you are doing high-intensity, vigorous exercise, it can be beneficial to consume sports drinks. Stay away from caffeine, carbonation, and drinks with high sugar content, due to their tendency to cause stomach discomfort during dehydration. Caffeinated drinks also act as a diuretic, causing you to lose even more fluids.

It is very important to drink lots of fluids during the summer months, especially if you are out in the heat and sweating. Use these helpful tips to stay hydrated while enjoying the warm weather. When you feel thirsty, take a minute to stop and drink, because thirst is the first indicator that your body needs fluids.

Contributed by Jasea Painter CRW Dietetic Intern and www.heart.org



Sneaky Little Smoothie



Smoothies are a great way to sneak more veggies and fiber into your day. With all the added fruit, you won't even be able to taste the spinach! Smoothies are a great option for breakfast if you don't always feel like eating in the morning.

Kiwi-Pineapple Smoothie

Makes: 2 servings

Serving Size: 1 cup

Ingredients:

2 cups fresh baby spinach

1 cup peeled, sliced kiwifruit

1 Banana, sliced

1/2 cup plain low-fat yogurt

1/4 cup canned pineapple, drained

1/2 cup orange juice or milk/soy milk

2 tbsp flaxseed meal or chia seeds

Directions:

In a blender combine spinach, kiwifruit, banana, yogurt, pineapple, orange juice or milk, and flaxseed meal or chia seeds. Cover and blend until nearly smooth, stopping to scrape down the sides of the container as necessary. Evenly divide between two glasses.

By Katie Tallman, WCU Dietetic Intern. If you have a nutrition-related question, sign up for nutrition services at the CRC or e-mail nutrition@wcu.edu

Recipe from: <http://www.bhg.com/recipe/kiwi-pineapple-smoothies-1/>

Hours of Operation Summer Sessions I & II

Campus Recreation Center

Mon-Fri: 6am-8pm
Sat: 9am-Noon
Sun: 5pm-8pm

Reid Pool (June 16-August 1)

Mon-Fri: 6am-8am
Mon, Wed, Fri: Noon-1pm
Mon-Fri: 3pm-5pm
Sat: 10am-Noon
Sun: 5pm-7pm

**Hours are subject to change due to special events, groups, maintenance, etc. Please check recenter.wcu.edu for up-to-date hours.*

***All facilities closed Friday, July 4th and Saturday, July 5th.*

theLift

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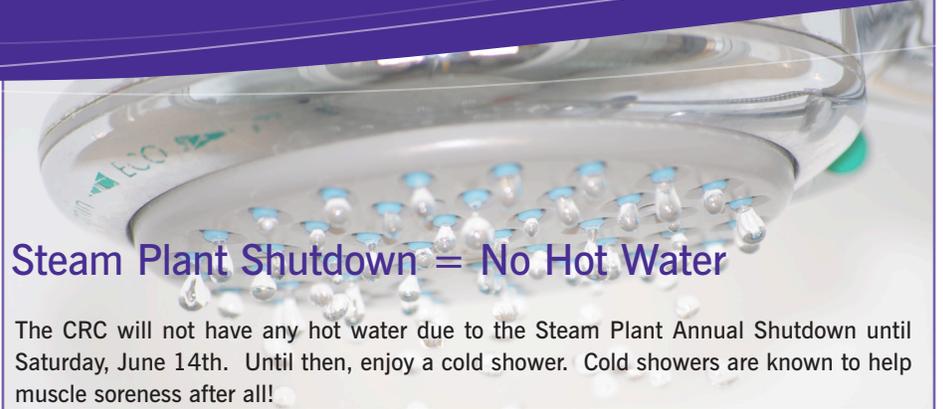
See all issues of theLift online:
wcu.edu/25913.asp



Campus Recreation & Wellness

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Steam Plant Shutdown = No Hot Water

The CRC will not have any hot water due to the Steam Plant Annual Shutdown until Saturday, June 14th. Until then, enjoy a cold shower. Cold showers are known to help muscle soreness after all!



EMPLOYEE OF THE MONTH

Heather Allison has worked for CRW since January 2013 as a Recreation Assistant, and was promoted to Supervisor in January 2014. Her favorite part of working here is getting to interact with the patrons. She gets a great feeling when she can greet patrons by name and they know her when they walk in. Heather's advice to fellow employees is to stay positive and excited about working even during the slower times of the day. An Elementary Education major, Heather plans to teach in NC and hopefully overseas in the future. She is a "task manager" who likes things to be organized and in their place, but she also likes to have fun. Heather's favorite animal is the giraffe. Congratulations on being chosen for Employee of the Month, Heather!



MEMBER OF THE MONTH



Patrick Hinkle is from Marlinton, WV but has lived in Sylva and worked at WCU for 14 years. He has a BA in Mathematics from West Virginia University and works on the Web Services team with IT. Patrick loves cardio: stationary bikes, ellipticals, jogging, and rowing. He also plays basketball and his favorite time to work out is noon. He has been exercising for the past 13 years, since his first child was born. Now the father of four children, he is in shape and able to keep up with them! Patrick broke his leg two years ago, and the equipment in the CRC was helpful in his recovery. He likes our staff and feels that his day is not complete without a visit to the CRC. Congratulations Patrick! We admire your dedication and workout consistency.



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.