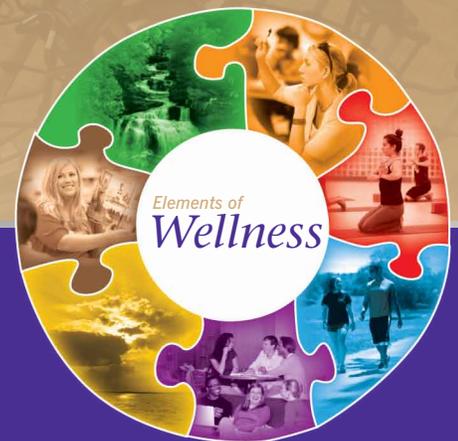




“Exercise is the single most powerful tool you have to optimize your brain function.” Dr. John Ratey M.D.



Get the Lift with March Madness!

March Madness often means the onset of NCAA basketball playoffs, but for CRW it means the start of outside fitness programs and the push towards spring break. What does that mean? March is jam packed with fitness and wellness opportunities for everyone!

First, did you know that March is National Nutrition Month? CRW will be celebrating by offering an entire week of nutrition activities and presentations March 12 – March 16. Or if you just have a general nutrition question, stop by our “Ask a Nutritionist” hours located in the assessment rooms across from the equipment cage.

Also, the CRC will be host to the first annual Dance Marathon at Western Carolina University on March 10, 2012. Check out our special hours for Dance Marathon weekend and contact the University Center for Dance Marathon opportunities.

And if you are ready to get outside, we have just the activities for you! Sign up for the Intramural Softball League or if you didn't get the chance to sign up for the Valley of the Lilies Half Marathon, why not try the 5K that will also be offered this year? Registration is going on now on active.com. Or are you looking for an outdoor summer job? CRW is offering its annual American Red Cross Lifeguard Course. Sign up by Tuesday, March 13 in the CRC.

Join the madness in March and Get the Lift with Campus Recreation & Wellness!

CRW STUDENT EMPLOYMENT OPPORTUNITIES

Now accepting applications for Summer and Fall 2012! All application materials are due to the Campus Recreation Center by March 30. Check our website, under “About Us” then “Student Employment” for all available positions and application requirements.

INSIDE THIS ISSUE

- Student Employment Opportunities
- Intramural Sports Schedule
- Nutrition Week Events
- ARC Lifeguard Certification
- Valley of the Lilies Half Marathon/5K
- Special Hours of Operation

Intramurals

Sign up for Intramural Leagues online at: imleagues.com/wcu



Softball League

Sign-ups due by Monday, March 12 at 4pm

Manager's Meeting - Monday, March 12 at 5pm in the CRC

Single Day Events

4 Square Tournament
Bench Press Competition
Open Bowling
March Madness Pick 'em
Bocce Ball
Kickball Tournament
Disc Golf - Belcher Open
4 Square Tournament

Day/Time/Place

Wednesday, March 7, 5pm in Reid 201 and 202
Thursday, March 8, 5pm in CRC
Tuesday, March 13, 7pm-9pm in Reid Bowling
Picks due by Friday, March 16 at 5pm
Thursday, March 22, 5pm on the UC Lawn
Friday, March 23, 5pm at Camp Lab Fields
Monday, March 26, 5pm at Disc Golf Hole #1
Tuesday, March 27, 2:30pm at Central Plaza

Dance Team Tryouts: Saturday, April 14

The WCU Dance Team will hold tryouts for the 2012-2013 squad on Saturday, April 14 from 10am-5pm in the Campus Recreation Center. Requirements during tryouts include, but are not limited to, a one-mile timed run, a choreography portion (both pom and technical), and technique. Technique components include: double turns, turns in second (one 8 count), toe touch, grand jette (split leap), and switch leap.

Individuals trying out must be able to commit to one scheduled weekend during the summer, dance camp week, spring camp days, football season, men's and women's basketball seasons, and the Southern Conference Tournament. Additionally, team members will each be asked to raise \$300 from scheduled fundraisers throughout the year. For additional information or any questions regarding tryouts, please contact Jessica Graning at je-graning@wcu.edu.

Valley of the Lilies Half Marathon & 5K MARCH 25, 2012



Registration deadline for both races is March 21 so be sure to register today! www.active.com

13.1 miles of beautiful mountains and the Tuckaseegee River or 3.1 miles through the WCU campus

Training Program, technical shirt, and goody bag included with race fee!

Check halfmarathon.wcu.edu for course map and other details about the race! Contact ValleyoftheLilies@wcu.edu with any questions.

Proceeds to support WCU student professional development and travel.

Hosted by the College of Health Sciences and the Department of Campus Recreation & Wellness.

ARC Lifeguarding Certification Class

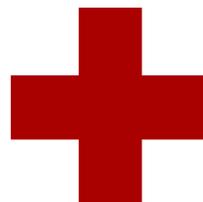
Participants must attend all sessions to receive certification. Certification includes CPR/AED for the Professional Rescuer. Register at the Campus Recreation Center by Tuesday, March 13. Class is limited to 20 participants, so register early!

Dates and Times:

March 16, 4pm-9pm
March 17, 9am-5pm
March 18, 12pm-9pm
March 23, 4pm-9pm

Location: Reid Pool and Campus Recreation Center Meeting Room

Cost: Member \$150.00, Non-Member \$175.00, Community \$250.00



Nutrition Week

March is National Nutrition Month, and March 12-15 is WCU Nutrition Week! Come check out all of the different activities.

Monday 12: "Plant Food: Vegetarian, Vegan, and Holistic Eating", 7pm, UC Multi-purpose Room A.

Tuesday 13: "Ask a Nutritionist", 12:30pm-2pm, 2nd Floor UC. "Build A Pizza Workshop", 7pm, Norton Residence Hall Kitchen.

Wednesday 14: "WHEEL 4 Life Presentation-Shape Up Your Plate with Vegetables", 12:10pm-12:50pm, CRC Meeting Room. "Food Fight: When Food Becomes Foe", 7pm, UC Multipurpose Room A.

Thursday 15: "Build Muscle - Be Lean", 5pm, CRC Meeting Room.

Mind Body Experiment

Reflexology: Wednesday, March 21 from 7pm-8pm in Studio 2.

Max the Lift with Group eXercise

Group Exercise is a great way to "lift" your mind, body, and spirit. Classes are only \$10.00 for the entire semester and include all classes on the schedule. The new schedule begins March 5 and ends on April 27. Come max "The Lift" today with Group X. Register anytime the CRC is open.

Whee ♥ Quitters

A three week intensive smoking cessation program will be held Mondays beginning March 12 from 7pm-8pm. This program will offer smokers who want to quit the resources they need to do it! All sessions will meet in the Campus Recreation Center. Please visit the CRC to register. A \$20 deposit is required upon registration (this will be returned upon your completion of all three meetings). Registration begins March 5 and ends March 9.

Get Your Plate in Shape!

Many people don't know that March is National Nutrition Month. The theme of National Nutrition Month this year is "Get Your Plate in Shape". Just recently, the USDA replaced MyPyramid with MyPlate, an easier way to visualize the ratio of the different food groups needed in your diet! Because this tool is so new, many people aren't aware of the recommendations. Some things didn't change between MyPyramid and MyPlate. There are five food groups: protein foods, grains, fruits, vegetables, and dairy, with oils listed separately and not counted as a food group.

VEGETABLES:

Half of our plates should be made up of fruits and vegetables. One serving of vegetables is generally equivalent to one cup of raw or cooked vegetables, or 100% vegetable juice, or two cups of raw leafy greens, although there are some exceptions. For women, consuming 2½ cups per day is recommended, while three cups a day is recommended for men. Vegetables contain many of the same essential nutrients as fruits, as well as being an important source of vitamin A and fiber. Some easy ways to incorporate more vegetables into your diet are to buy frozen vegetables that you can cook quickly and easily in the microwave or buy vegetables that are easy to prepare like prewashed salad greens and add baby carrots and cherry tomatoes for a salad in a flash!

GRAINS:

The grains are divided into two different groups: refined grains and whole grains. The main message of MyPlate about grains is that you should aim to make half of the grains you eat be whole grains. Whole grains are higher in fiber, as well as other nutrients. Refined grains typically have no or little fiber, unless certain companies add it back in. Some easy swaps to make are switching from white rice to brown rice, and you can even use whole grain pastas or tortillas. Eating oatmeal for breakfast is another way to increase your whole grain intake. Whatever kind of grains you buy be sure to read the label and make sure that they have been enriched with B vitamins.

PROTEIN FOODS:

Some examples of protein foods are beef, pork, chicken, eggs, fish, nuts and seeds, and beans. The main message of MyPlate regarding proteins is that you should choose lean proteins instead of those that are higher in fat. Choosing the leaner cuts of meat helps ensure that you keep your empty calories down. Adding solid fats during cooking also counts towards your empty calories. However, you do need to try to incorporate some seafood that is high in omega-3 fatty acids, such as salmon, trout, sardines and anchovies, to name a few. Make sure to read the nutrition labels on processed meats, like hot dogs, sausage, and deli meats because they tend to have higher levels of sodium. Also, choosing unsalted nuts and seeds can help keep the sodium levels down.

FRUITS:

The key consumer message about fruits from MyPlate is that we strive to make half our plate fruits and vegetables. One serving of fruit is equivalent to one cup of fruit, or 100% fruit juice, or ½ cup of dried fruit. For adults, it is recommended that two cups of fruit are consumed, which is about two servings. Fruits are an excellent source of fiber, vitamin C, potassium and folate (folic acid). Some ways to remind yourself to eat more fruit would be keeping a bowl of fruit out on the counter, cut up fruit and store it in the refrigerator for later, or buy precut containers of fruit such as pineapple, to help make the process easier.



DAIRY:

The USDA is using MyPlate to further promote the consumption of low-fat or fat-free dairy options. The amount of dairy varies by age, but in general adults need 3 cups of dairy per day. One cup of dairy is equivalent to 1 cup of milk, yogurt or soymilk, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese. Getting three servings of milk is important because dairy is important for bone health, and can help prevent cardiovascular disease, type 2 diabetes, as well as promote lower blood pressure in adults. Milk also contains vitamin D, which helps the body maintain appropriate levels of calcium and phosphorus. Those two minerals are essential to bone health. Some easy ways to increase your intake of low-fat or fat-free dairy are to put 1% or skim milk in your coffee, making fruit and yogurt smoothies in the blender, and using milk instead of water when you make oatmeal or other hot cereals.

If you have a nutrition-related question, sign up for Nutrition Services at the CRC or email nutrition@wcu.edu.

For more information and recommendations about the food groups, visit: <http://www.choosemyplate.gov/food-groups/>

Contributed by Nicole Austin, CRW Dietetic Intern

Hours of Operation

MID-TERM BREAK

Campus Recreation Center

Wed., Feb. 29 - Fri., Mar. 2, 11am-7pm

Sat., Mar. 3, Closed

Sun., Mar. 4, 5pm-9pm

Mon., Mar. 5, Regular Hours

Reid Pool

Wed., Feb. 29 - Sat., Mar. 3, Closed

Sun., Mar. 4, 5pm-8pm

Mon., Mar. 5, Regular Hours

SPRING BREAK

Campus Recreation Center

Fri., Mar. 30, 6am-7pm

Sat., Mar. 31 & Sun., Apr. 1, Closed

Mon., Apr. 2 - Thurs., Apr. 5, 11am-7pm

Fri., Apr. 6 - Sun., Apr. 8, Closed

Mon., Apr. 9, Regular Hours

Reid Pool

Fri., Mar. 30, Pool closes at 6pm

Sat., Mar. 31 - Sun., Apr. 8, Closed

Mon., Apr. 9, Regular Hours

PLEASE PARDON OUR MESS!

Over the mid-term break, we will be doing some work to improve the tile entryway to the CRC. Please pardon our mess during this time as we continue to make efforts to keep the CRC in excellent condition.

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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reccenter.wcu.edu

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

Dance Marathon Special Hours of Operation

The Campus Recreation Center is proud to be the host site for the first annual Dance Marathon at Western Carolina University on Saturday, March 10 from 12pm-12am. In order to prepare for the event, there will be no access to the gymnasium area on Friday, March 9. The remainder of the CRC, however, will be open for normal operations from 6am-10pm. Saturday, March 10 hours are as follows: CRC 12pm-5pm, Reid Pool 10am-1pm. If you are interested in participating in the 12-hour Dance Marathon event or would like more information, please call 227-3887. All proceeds go to the Children's Miracle Network.

Have Someone You Want to Impress?

Come out for the monthly cooking demonstration with the Dietetic Intern. It's free and this month we'll be making mini-pizzas. Bring your friends to the first floor kitchen of Norton Residence Hall on March 13 at 7pm.

EMPLOYEE OF THE MONTH



Christen Rinehart, one of our Supervisors, is from West Jefferson, NC and is majoring in Psychology with a minor in Social Work. She plans on travelling some after she graduates and then returning to WCU for the accelerated nursing program in January 2013. We asked Christen some questions:
What is your favorite thing to do? Spend time with my dog
What is your favorite food? Anything Italian
If you could go anywhere, where would you go? Australia
What is your favorite sport to watch? Football
When you were young, what was your favorite TV show? Winnie the Pooh
What are your top 3 favorite movies to watch? Love and Basketball, The Green Mile, Hancock

Who is the one person in history you would like to meet? Eleanor Roosevelt

What would you do if you won \$50 million in the lottery and why? I would spoil my family a little, donate to various charities, and save the rest.

Why do you like working at Campus Recreation & Wellness? I enjoy working with the staff, meeting new people, and helping people achieve a healthy lifestyle.

MEMBER OF THE MONTH



Sherry Robison began working at WCU in the Fall of 2008 as the Director of the Graduate Internship Program and Instructor in the Nutrition Dietetics Program. She has a great attitude and participates in many of our programs. She is from Tennessee and completed her M.S. in Clinical Nutrition at the University of Memphis.

What's your favorite workout & time of day to do it? At the CRC I enjoy the noon Group X classes. It is tough to pick a favorite for the variety is great, but I lean toward Power Pump or Pilates. I have found the Group X classes are a nice opportunity to connect with students outside the classroom setting and get to know faculty and staff from other departments. *How long have you been exercising?* There is a long history of an active lifestyle. I especially

enjoy outdoor activities of hiking, biking, canoeing, and camping. A favorite vacation was canoe camping in the boundary waters of Minnesota for ten days for it combined the beautiful outdoors with physical activity. Campfires, fresh fish, loons, and sunsets over the lake... *Any comments you'd like to share?* Last summer I completed the Certificate of Training in Childhood and Adolescent Weight Management. In reviewing for the certification exam I began to consider the intensity level of my physical activities and decided to progress to a more strenuous exercise routine. Following a fitness assessment with a CRC personal trainer, an individualized plan was developed to address goals related to strength and cardiovascular endurance. I encourage students to take advantage of meeting with a CRC personal trainer and nutritionist. Their expertise will enable you to launch a physical activity and healthy eating plan to meet your personal goals. These are important components for establishing a healthy life-style that persists into professional careers and positive role-modeling as parents. I appreciate the expertise and enthusiasm of CRC staff. We are fortunate to have a wonderfully equipped facility at WCU.