



## Get Active this Thanksgiving!

Burn off those extra calories before you even see the feast by amping up your fitness routine leading up to the holidays. You may even want to sign up for a local turkey trot race on the morning of Thanksgiving.

## New Opportunities in November

Stepping out of your comfort zone can provide you with a variety of benefits. First, training your body to work in different ways can make you a healthier, more balanced individual. Additionally, you may see various wellness benefits from participating in different activities, such as mental stimulation, emotional maturity, social benefits, and more. In order to help you step out of your comfort zone, CRW encourages you to try out one of the following activities.

**Catamount X Fit Challenge** – This challenge incorporates total body strength and endurance and emulates a popular cross-fit workout (on a little lesser scale). Pre-register in the CRC today.

**Mind-Body Experiments** – During November we are bringing you two mind-body experiments. Choose from a drum circle or superhero yoga, or why not do both! Both provide valuable contributions to personal well-being.

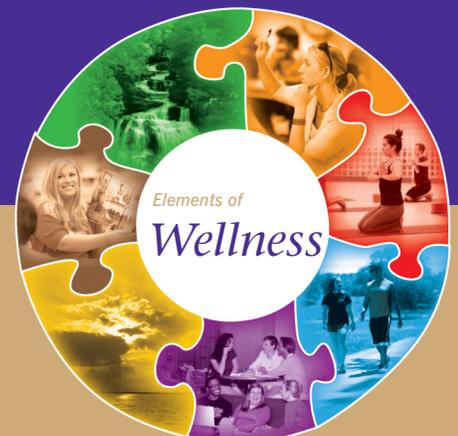
**Great American Smokeout** – This is a national campaign that encourages smokers to use the date of the event to

either make a plan to quit smoking or to quit for even one day in an effort to take steps toward a healthier life. We encourage you to join in the fight by either quitting or encouraging someone else to quit!

**Intramural Climbing Challenge**– Intramurals is partnering with Base Camp Cullowhee to bring you a two-day climbing competition and we want to see you participate. Not to mention, climbing is a great total body workout!

**Standard 1st Aid with CPR/AED Certification** – Have you ever wanted to be able to respond in an emergency situation? This course will provide you that training and a great mental stimulation opportunity.

For more information on any of the above programs, please read further. Lastly, CRW knows how difficult staying healthy can be as the holidays approach. Therefore, we hope you will carve out the time to be especially intentional about your health and wellness efforts in the coming weeks. If there is anything we can do to help, please let us know!



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# Intramural Sports

## Indoor Climbing Challenge

Come showcase your climbing wall skills at the Indoor Climbing Challenge. You don't have to be an expert to climb as we are offering both beginner and advanced divisions in men's and women's. Routes will be pre-set and climbers will attempt routes based on difficulty and skill. Sign ups close Thursday, November 14th. Rules and notes can be found on the climbing challenge homepage on [imleagues.com/wcu](http://imleagues.com/wcu)

Sign up for all Intramural Sports through [imleagues.com/wcu](http://imleagues.com/wcu)!



EVENT	LOCATION	DAY	DATE	TIME
Team Bowling 3 on 3 Basketball Tournament	Sylva Bowling Alley Reid Gyms	Tue & Thu Fri & Sat	11/5 & 11/7 11/1 & 11/2	7pm 6pm

## AAAI/ISMA Phase II Personal Fitness Trainer Certification

CRW will host AAAI-ISMA Phase II Personal Fitness Trainer Certification on Saturday, November 9th from 8:30am-5:00pm. The AAAI-ISMA Phase II Personal Fitness Trainer Certification is for anyone who wishes to broaden his or her training skills. The certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills. The cost is \$99 if you pre-register. Registration forms are available at the CRC.



## Plain Jane Fitness Workshops

On Sunday, November 10th, Plain Jane Fitness will hold two workshops: TABATA Training from 9:00-11:00am and Power Yoga from Noon-3:00pm. The cost of these workshops is \$50/each or \$90 for both. Registration forms are available at the CRC.

TABATA Training is a technique involving super short intervals of all-out effort followed by shorter intervals of complete rest for a 20-30 minute workout guaranteed to give your clients the fastest results they've ever seen. This workshop will give you dozens of ideas for a variety of Tabata exercises that will increase aerobic capacity, anaerobic power, muscle tone and endurance, core strength, and mental toughness.

The Power Yoga workshop will focus on the power flow, which is the connection of asanas (postures) in continuous movement that generates body heat, burns calories, and promotes strength and flexibility. The workshop will help students and teachers create a yoga practice that is athletic and challenging.

## Mind-Body Experiment Drum Circle

Sunday, November 3  
6:30-8:30pm  
Studio 1

Group Drumming benefits include reducing stress and building self-expression. It creates an environment of support and teambuilding. No prior musical experience is necessary. Instruments are provided.

## Catamount X Fit

November 7, 2013 3pm-8pm (choose your preferred heat time; preferences taken into account but not guaranteed).

The Catamount X Fit Challenge is an individual competition that tests your total fitness level. The challenge includes various endurance and strength exercises, including push-ups, sit-ups, box jumps, burpees, squats, and running. This competition is very similar to the popular CrossFit games.

Register today at the CRC! It is free for WCU students and CRC members. A \$5 guest pass is required for all WCU CRC non-members, including Whee for Life. Individuals who are not associated with WCU and do not meet eligibility requirements for the CRC are not able to participate.

Winner categories will be Males (first, second, third) and Females (first, second, third).

For more information, visit the CRC or contact Charles Rominiyi at [cbrominiyi@wcu.edu](mailto:cbrominiyi@wcu.edu) or 828-227-8806.

## Mind-Body Experiment Super Hero Yoga

Wednesday, November 13  
7:00-8:00pm  
Studio 1

What makes a super-hero? Is it the cape? The special powers? Or is it something on the inside? In this class you will tap into your own "inner super-hero" to discover how it can change your life. Capes and masks optional.

## Transform Holiday Recipes

The holidays are almost here! It is time to break out those recipe books and select your favorite dishes to prepare for all your planned festivities. If you are looking for a way to mix things up this year and try something new, check out these cooking tips. These tips will help you provide healthier dishes to your friends and family just by modifying the fat content of your favorite recipes.

- Use reduced fat versions of sour cream, cheeses, mayonnaise, and yogurt
- Substitute skim milk for whole milk
- Substitute evaporated milk for whipping cream
- Substitute evaporated skim milk for regular evaporated milk
- Use canola or olive oils for cooking, instead of solid fats or vegetable oil blends
- Use nonstick cooking spray for stir-frying or sautéing instead of fats and oils
- Choose lean red meats, poultry and fish for your dishes
- After cooking ground beef, drain, blot and rinse with hot water before incorporating into recipes
- Use 2 egg whites for 1 egg to reduce saturated fat and cholesterol

- Top desserts with sorbet, sherbet, low-fat, or fat-free frozen yogurt instead of heavy ice cream
- Use gravy mixes that are made with water or homemade with the fat skimmed off and fat-free milk

### Fat substitutes for recipes:

- Applesauce can be substituted for an equal amount of fat. (Extra Tip: product will be very moist, may need to reduce liquid in recipe)
- Mashed bananas can be substitute for an equal amounts of fat
- Pureed prunes can be substitutes for an equal amount of fat. Extra Tip: product will be very dry, so add moisture in form of prune juice, milk or water)
- Pureed pumpkin can be substituted for equal amounts of fat
- Grated zucchini can be substituted for

equal amounts of fat (Extra Tip: this works best in quick breads)

- Low-fat cottage cheese can be substitutes for only 1/2 of fat (Extra Tip: this does cause a rubbery texture)
- Pureed tofu can be substitutes for only 1/2 of fat (Extra Tip: this gives recipes a beany flavor)
- Non-fat yogurt can be substituted for equal amounts of fat (Extra Tip: the product will be very moist, may need to reduce liquid in recipe)

[extension.missouri.edu/extensioninfonyet/article.asp?id=3450](http://extension.missouri.edu/extensioninfonyet/article.asp?id=3450)  
[www.heart.org](http://www.heart.org)

By: Ashley Jones, Graduate Student,  
Master of Health Sciences and WCU  
Dietetic Internship

## Great American Smokeout

The Great American Smokeout is an event on college campuses across the nation to increase awareness of tobacco-related issues as well as promote cessation services. This is a chance to encourage smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

Join the Department of Campus Recreation and Wellness, Counseling and Psychological Services, and Relay for Life in the UC 2nd Floor on Wednesday, November 20 from 11:30am-1:00pm to learn how to make the commitment to quit smoking or using smokeless tobacco. There will also be additional resources to help you or someone you know quit.

CAMPUS RECREATION & WELLNESS

Know someone who wants to quit? Here are some resources to help:

Quitline- [www.quitlinenc.com](http://www.quitlinenc.com)

**American Lung Association-**  
[www.lungusa.org](http://www.lungusa.org)

**American Heart Association-**  
[www.heart.org](http://www.heart.org)



# Hours of Operation

## THANKSGIVING BREAK HOURS

### Campus Recreation Center

Tuesday Nov. 26 6am-7pm

Wednesday, Nov. 27 6am-2pm

Thursday, Nov. 28 - Saturday Nov 30 CLOSED

Sunday, Dec. 1 5pm-9pm

Monday Dec. 2, Resume Regular Hours

### Reid Pool

Tuesday Nov. 26, closed at 6:15pm

Wednesday Nov. 27, 6am-8am, 11am-1pm

Thursday Nov. 28 - Saturday Nov. 30 CLOSED

Sunday Dec. 1, 5pm-8pm

Monday Dec. 2, Resume Regular Hours

## CRW BACKS THE CATS

CRW supports Catamount Athletics and we want you to join us. On the final home game of the season,

CRW will adjust hours of operation to Back the Cats!

Hours of operation are as follows:

CRW Saturday, Nov. 16 9am-1pm

Reid Pool Saturday, Nov. 16 10am-1pm

# theLift

theLift is a publication of Campus Recreation & Wellness at WCU

See all issues of theLift online:  
[www.wcu.edu/25913.asp](http://www.wcu.edu/25913.asp)



Campus Recreation Center  
Cullowhee, NC 28723  
828.227.7069  
[reccenter.wcu.edu](http://reccenter.wcu.edu)

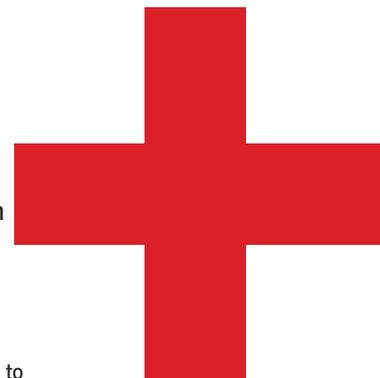
WCU is a University of North Carolina campus and an Equal Opportunity Institution.

# Health & Safety Certification Class

Standard First Aid with CPR/AED  
(Infant, Child, and Adult) Blended  
Learning  
Friday November 15th, 4pm-6pm

Part of the course is online and the hands-on part is in the classroom. Registration due by November 8th for CRC members. Sign up at the Campus Recreation Center.

Contact Shauna Sage, CRW Director, at [sage@wcu.edu](mailto:sage@wcu.edu) to register.



## EMPLOYEE OF THE MONTH



Brandyn Brockway has worked for CRW for three months as an Intramural Official. His favorite part of working here is being able to interact and meet a lot of students. He is a Criminal Justice major and is interested in being a probation officer after graduation. Brandyn is a funny, outgoing person who is always looking to have a good time. He was born in Buffalo, NY and is a huge Buffalo Bills fan. CRW thanks Brandyn for all his hard work and willingness to go the extra mile in helping with Intramural Sports. Congratulations on being selected Employee of the Month!



## MEMBER OF THE MONTH

Joe Chambers is a senior Marketing major who is originally from Kings Mountain, NC. He likes to work out either around 10am or after 3pm with his friends. He began lifting weights when he was about 14 and he also was involved in athletics. He credits his dad for pushing him to succeed and for the mindset he bestowed upon him: "anything is possible; if you want it, go get it!" Joe plans to compete in bodybuilding sometime in his life and believes that fitness is not just something you do, it is a way of life. When people ask him for advice, he says to eat well, and work hard but work smart with high intensity and proper form. One of his favorite quotes is by Bruce Lee: "Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle, you put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend." CRW is proud to feature Joe as our Member of the Month!



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.