



Get Fit This Fall

Fall is a great time of year in the mountains of western North Carolina. The beautiful fall foliage and cooler temperatures make it a great time to get outside and enjoy some fresh air with a walk or jog before the cold air strikes. Look for CRW's walking routes brochure to help guide you in choosing a distance that is right for you.

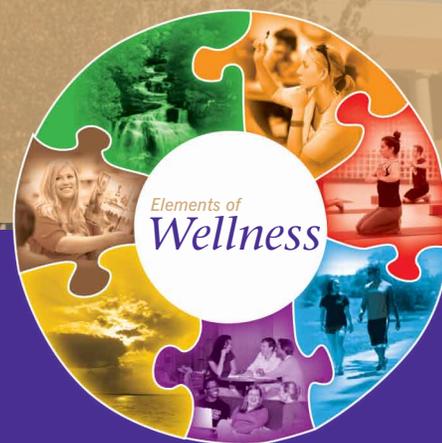
It is also this time of year that CRW starts to wrap up outdoor intramural activities and begins to move indoors for the winter months. Sign-ups this month for Intramural Sports include Volleyball and Dodgeball leagues, as well as Racquetball Singles and Doubles, Team Bowling, and Arm Wrestling events. Read on further for more information.

CRW also has some other things for you to consider. For instance, do not forget that we offer one Health and Safety class per month. Check out our website or read on for more information. Also, if fall is in the air that means Fall Break and football season. Please be sure to check our adjusted hours during these events. Lastly, fall is not complete without our fitness programs. Registrations for Group Exercise and Personal Training are ongoing, so get involved.

For more information on our programs, please read on or visit us at reccenter.wcu.edu.

NOT JUST FOR KIDS

According to Parade magazine, jumping rope for 10 minutes is the cardiovascular capacity equivalent of jogging for 30 minutes.



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Tips for Fall Fitness

The fall is often the favorite time of year for many but the transition from summer to fall often leads to stress for individuals who fall off the health and fitness wagon. Planning for seasonal changes, finding support from group exercise and embracing events and activities that the season has to offer are key factors to staying fit through the transition.



- 1. Take advantage of autumn activities.** Autumn group events like pumpkin picking, corn mazes, haunted trails, and building leaf piles are active options that can also be fun bonding experiences for family and friends.
- 2. Head to the trails.** Fall is one of the most beautiful times of the year for getting outside. Grab a friend or family member and find a local trail to take a view of changing leaves.
- 3. Dress for the weather.** When weather gets cooler it can deter you from going outside to workout. Grab a wind-shielding jacket and dress in layers to stay warm and enjoy the outdoors!
- 4. Drink water.** Stay hydrated even when the temperatures cool down. It's just as important to stay hydrated in the cooler months as the warm months; hydration helps with both exercise recovery and appetite control.
- 5. Turn fall chores into a workout.** Raking leaves can burn 150 calories every 30 minutes.
- 6. Exercise early in the day.** With time changing and it becoming darker earlier, it can feel as if it is later in the day than it really is, this can make you feel more tired than usual. Getting in a routine of working out early will guarantee the workout gets done and still allow time in the evening to relax.

Intramural Sports

Tournaments and Events				
Event	Location	Date	Time	Sign Up By
Team Bowling	Sylva Bowling Alley	10.10.12	7pm	10.9.12
Arm Wrestling	CRC Vending Area	10.26.12	6pm	10.25.12

League Sports

Volleyball

We will be offering Men's, CoRec, and Women's leagues. Team sign ups are due by Tuesday, October 23 at 11:55pm. Managers Meeting is on Wednesday, October 24 at 6pm in the CRC Meeting Room. Play will begin Monday, October 29.

All Managers Meetings are mandatory. Any team representative may attend the meeting. Failure to attend will result in your team not advancing to playoffs.

Flag Football Extramural Tournaments

Extramural Tournaments are a great opportunity to showcase your skills against other universities across the nation and represent Western Carolina University.

North Carolina State Tournament hosted by UNC Charlotte

Friday October 29 - Sunday October 31

Team entry cost is \$100 before October 10 and \$125 after October 10.

Men's, CoRec, and Women's divisions will be offered. Winner receives paid entry into the UNC Wilmington ACIS Regional Tournament.

ACIS Regional Flag Football Tournament hosted by UNC Wilmington

Friday, October 26 - Sunday, October 28

Team entry cost is \$225 before October 16 and \$260 after October 16.

Men's CoRec, and Women's Divisions will be offered. Winner receives paid entry into the ACIS National Flag Football Tournament hosted at the University Of West Florida.

Travel forms and team rosters are required two weeks before tournament to the Assistant Director of Intramurals. Ask for more details!

Sign up for all IM events through imleagues.com!

All tournaments and events require pre-registration the day before the tournament or event. This is to cut down on the sign-in and administrative time the day of the event.

For league sports, all players must register through imleagues.com and join a team to participate. Visit the Intramural Sports webpage for detailed directions on signing up through IMLeagues.



Mind-Body Experiment

Wednesday, October 24

7pm-8pm

CRC Studio 2

"Tai Chi Chih"

Tai Chi Chih contains a series of distinct repetitive movements. This practice, by building strength, agility, and balance, revitalizes our energy allowing the body to heal itself. This practice also promotes peace of mind and improves concentration, sharpening the brain. This event is free to the entire WCU community, just bring your CatCard.

Group X Relaunch!

Monday, October 22

5:15pm-6:30pm

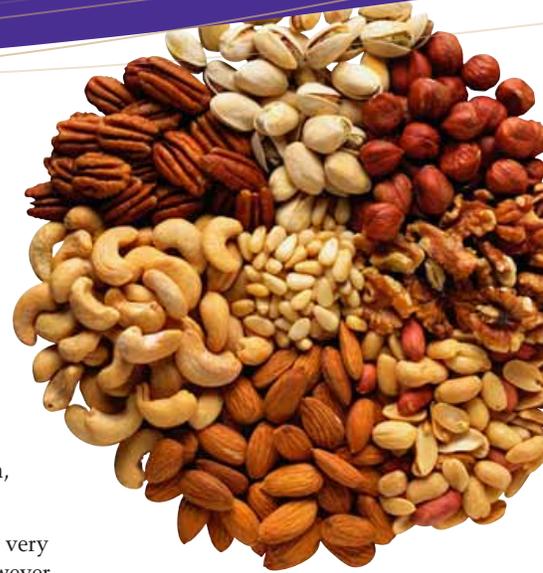
Join us for fitness and fun to start your week off right after Fall Break! The Campus Recreation Center Group X Instructors will be leading a workout on the UC Lawn to jump start the second half of the fall semester. From 5:15pm-6:30pm we will rotate through 15 minutes each of zumba, butts and guts, kickboxing, and piyo strength with a brief cool down at the end. All of the WCU community is invited to participate in this free re-launch of the Group X schedule! If the weather decides not to cooperate this event will be held in the CRC Gym.

Going Nuts Over Nuts

October 22 celebrates National Nut Day. A food nut is generally an oily kernel located within a hard shell. However some food nuts are actually seeds and some are actually legumes. There are a variety of different nuts. Some varieties include peanuts, Brazil nuts, hazelnuts, pine nuts, cashews, walnuts, and pistachios. Nuts add flavor to dishes, and are great grab-and-go snacks.

Nuts are good sources of riboflavin (vitamin B2). Riboflavin is important for its anti-oxidative benefits, and its need for metabolism of carbohydrates, proteins and fats. Nuts are also high in vitamin E. Vitamin E is also an antioxidant. Antioxidants protect the body from environmental and metabolic stress. Nuts are also high in protein, folate, fiber, magnesium, phosphorus, potassium, copper, and selenium.

You might have heard to limit your intake of nuts because they are high in fat. This is true; nuts are very high in fat. It is therefore important to follow the serving sizes indicated on the nutrition label. However, much of the fats within nuts are unsaturated. Unsaturated fats are fats that are liquid at room temperature. These fats are desirable as they promote cardiovascular health.



SOME "NUTTY" SNACK AND MEAL SUGGESTIONS:

- Put a handful of nuts in a baggie before you leave the house in the morning and throw it in your purse or backpack.
- Spread natural peanut butter over your favorite whole-wheat cracker or bread.
- Throw some walnuts into a mixed green salad to boost the flavor and nutrition.
- Wrap up some mixed nuts in a whole-wheat or whole-grain tortilla.
- Throw nuts into your favorite muffin or baked goods recipe.
- Mix up 2 cups of your favorite nuts with 1 tablespoon of olive oil and your favorite seasoning, such as cayenne pepper and paprika. Roast in the oven on a cookie sheet for about 15 minutes at 350 degrees.

The Pumpkin Eater



Halloween is just around the corner. The time to start carving those pumpkins will be here before you know it. October 26 is also National Pumpkin Day. Pumpkins have more uses than just an object to place a scary face on.

Pumpkins are a healthy and nutritious food. Pumpkins are loaded with antioxidants and are a good source of fiber, vitamin A, magnesium, potassium and iron.

Most parts of the pumpkin, including the shell, seeds, leaves, and flowers are edible. Pumpkin tastes great roasted (think squash or zucchini) and also makes a great soup.

Pumpkin seeds make great snacks. The seeds of a pumpkin are very nutritious providing protein, fiber, and these nutrients: iron, manganese, magnesium, phosphorus, copper, and potassium. Pumpkin seeds are also a good source of mono and poly unsaturated fats.

ROASTED PUMPKIN SEEDS:

Make use of the seeds you take out of your pumpkin before you carve it.

Try this easy recipe:

- 1 ½ cups fresh raw pumpkin seeds
- 2 teaspoons canola oil
- 1/8 teaspoon of salt

Preheat oven to 350 degrees. Line cookie sheet with parchment paper. Place pumpkin seeds in a small bowl, mix in oil and salt, and stir to coat seeds. Spread the seeds in a single layer on the prepared cookie sheet. Bake the seeds, stirring once or twice, about 20 minutes, or until golden brown. Enjoy!!



*Contributed by: Jason P. Peter, CRW Dietetic Intern
If you have a nutrition-related question, please email nutrition@wcu.edu.*



2013 Valley of the Lilies Half Marathon & 5K



Registration is now LIVE for the 2013 Valley of the Lilies Half Marathon & 5K event to be held on April 6, 2013!
Register today at imathlete.com!

Some new and exciting things for the 2013 race that you don't want to miss:

- The event is on a Saturday this year – mark your calendar for Saturday, April 6, 2013.
- A new & improved course! Details to come...
- New Res Hall Challenge! Anyone living in a Residence Hall can indicate their Res Hall in the registration process. They will then enter themselves in the contest to see which WCU Res Hall can get the most participants in this year's event. 5K & Half Marathon participants count so sign up and bring your friends. Prize is to be determined but it will be a great one!

Like us on  at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months!

CRW Backs the Cats

CRW supports Catamount Athletics and we want you to join us! This semester on Saturday home football games, CRW will adjust hours of operation to back the Cats. Dates and times are below. Please note Reid Pool hours remain 10am-1pm for Open Swim on those Saturdays.

Saturday, October 6: CRC 9am-1pm

Saturday, October 27: CRC 9am-1pm

Saturday, November 3: CRC 9am-1pm

EMPLOYEE OF THE MONTH



Andrew Crawley has worked for Campus Recreation & Wellness as a lifeguard since Fall of 2011. He is a Communication major and plans to attend Reformed Theological Seminary for a Master's degree in Divinity after he graduates. He is also very excited to be marrying his wonderful fiancé Madi after graduation. His favorite part of being a lifeguard is working with patrons and giving them a sense of confidence that their safety needs are being met as they workout. Andrew believes his fellow student employees can gain a lot from engaging patrons socially and that patrons appreciate employees taking the time to talk to them and making an effort to know the individual. In Andrew's

down-time, he enjoys hanging out with his friends and watching low-budget science fiction/horror films for their comedic value. He's also an avid reader and enjoys playing golf and ultimate frisbee.

MEMBER OF THE MONTH



Skeet Myers was born in McComb, Mississippi and moved here in the summer of 2010 with his wife Erin and their two daughters. He began strict daily workouts with major dietary improvements at the Jackson County Recreation Center in August 2011 and then began working out at the Campus Recreation Center in January 2012. Skeet's workouts consist of free weights, stretching/yoga, and machines between 7am and 10am, four or five days per week. He also likes to include cardio activity those evenings. Skeet's interests include perfecting the art of the post-workout smoothie, using organic and locally-grown food along with exotic superfoods, hiking in the

mountains, playing drums, and grilling over hardwood coals. His main fitness goals include getting to a 90% or more lean mass while increasing strength and flexibility. Congratulations Skeet!

Hours of Operation

FALL BREAK HOURS

Campus Recreation Center

Fri., Oct. 12, 6am-7pm

Sat., Oct. 13 and Sun., Oct. 14, Closed

Mon., Oct. 15 - Fri., Oct. 19, 11am-7pm

Sat., Oct. 20, Closed

Sun., Oct. 21, 5pm-9pm

Mon., Oct. 22, Resume Regular Hours

Reid Pool

Fri., Oct. 12, Closes at 6pm

Sat., Oct. 13 - Sat., Oct. 20, Closed*

Sun., Oct. 21, 5pm-8pm

Mon., Oct. 22, Resume Regular Hours

*Closed for maintenance

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

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