



WCU Spirit week is September 9-14!

Check events at the University Center leading up the home football game vs. The Citadel on Sep. 14. Get out and support the Catamounts this Fall!

CRW kicks off SEPTEMBER with 5 fun activities!

The theme this semester is “all about the 5’s” for Campus Recreation & Wellness, as we commemorated 5 years in the Campus Recreation Center and as a department on August 17th, 2013. Therefore, we will continue to feature 5 events per month for you to get involved and to stay balanced this fall semester.

Adult CPR/AED – This course can help you save a life. The course is an American Red Cross Certification course taught by a certified American Red Cross Instructor.

Intramural Disc Golf Singles – Disc Golf is a great way to enjoy the outdoors and Intramurals provides for some healthy competition. Come join us for a fun-filled, singles event.

Peaks 5K – Training for a 5K is a great way to get in shape and to work towards completing a goal. CRW offers a 5K training program at reccenter.wcu.edu. The PEAKS 5K is offered on Friday evening of Family Weekend so your whole family can get involved.

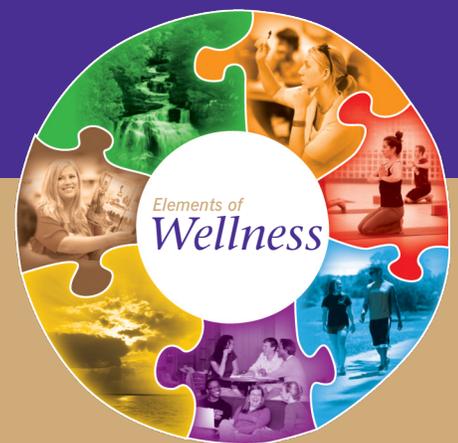
Family Weekend Zumba – Bring your family to the CRC for some fun fitness. Zumba is not only great fitness. It is great fun and has options for all ability levels.

Mind-Body Experiments: Self Defense – As a partner in the Red Zone Campaign, CRW is offering a self defense class to kick off our monthly mind-body experiments series. Check out this ongoing series and try several new ways to get connected to your inner self.

For more information on any of the events, read on further in the newsletter. As always, please let us know if we can assist you with your recreation and wellness in any way!

Family Weekend Zumba

The Campus Recreation Center will be offering a Zumba class during Family Weekend that will be held on September 21 at 10:00am in Studio 1. This class is open to the entire WCU Community including family members and alumni.



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Intramurals

Golf Tournament



We are hosting a golf doubles tournament on Saturday, September 7th at noon. The tournament will be held at Smoky Mountain Golf Resort. Cost is \$25 for non members and regular course fee for members. Cost includes 18 holes and cart. We will be having closest to the pin and longest drive competitions. There are student and faculty/staff divisions. 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 page for detailed directions on signing up through IMLeagues.



EVENT

Innertube Water Polo
Golf Doubles
Kan Jam
Disc Golf
*PEAKS Dodgeball

LOCATION

Reid Pool
Smoky Mtn. Golf Resort
Catamount Links
Reid Upstairs

DATE

9/6
9/7
9/12
9/16
9/30

TIME

6pm
noon
6pm
6pm
6pm

SIGN UP BY

9/4
9/4
9/10
9/15
9/30

*PEAKS events are for freshmen only

Group X Classes

The Group X Schedule for Fall 2013 is officially underway! The schedule offers 31 classes each week, a few examples are: PiYo Strength, Cycle Challenge, Aqua Combo, Power Pump, Tabata, Yoga, Zumba, and Ab Attack. Check out the full schedule and class offerings at www.reccenter.wcu.edu. Group X classes are \$10.00 for the entire semester and include ALL classes on the schedule. Participants can register anytime the CRC is open.

Mind-Body Experiment

Wednesday, September 25
7:00pm-8:00pm
Self Defense

In this program, guest instructor, Aubrey Ray, will discuss safety tips and strategies for preventing sexual assault. Also in this program you will have the opportunity to practice physical defense techniques that could be used to escape a violent encounter.



Personal Training

Are you motivated to workout but don't know where to get started? Are you tired of the same workout? The CRW has a variety of personal training package options for you to choose from depending on the level of assistance you are looking for. All of the CRC Personal Trainers are national certified and are trained and motivated to help you achieve your goals. Don't wait another minute, start working toward your fitness goals today!

Men's Rugby Brings Back Alumni

The Western Carolina Men's Rugby Football Club kicks off with it's first home match against the WCU Alumni on Saturday, September 7th. The alumni match is a bi-annual tradition to thank and recognize the outstanding alumni who have supported the club throughout the years. We hope you will consider supporting the Catamounts by coming out to a home stand this year.

Other Home Men's Rugby Matches include:

*Saturday, October 19th
vs. UNC-Wilmington*

*Saturday, November 2nd
vs. Appalachian State*



Healthy Summertime Grilling

The summer is a great time of year to be outside. Grilling is one common activity of summer, but many grilled foods are high in saturated fat and sodium. Though this may be true, you DO NOT have to sacrifice flavor when preparing healthier foods while grilling!



TIPS FOR GRILLING MEAT

- Use lean cuts of meat when grilling- lean beef, ground white turkey, boneless, skinless chicken breasts, lean pork, etc.; the key is to choose meat that is low in saturated fat
- Fish- many contain healthy omega-3 fatty acids and are great on the grill; try having grilled fish tacos with Pico de Gallo
- Try low fat beef, turkey, or chicken hotdogs- many of these variations remain high in sodium, but the saturated fat is significantly lower
- Season with fresh herbs and spices such as garlic, rosemary, parsley, thyme, cilantro, oregano, dill, red pepper, black pepper, etc.
- Go light on the salt- try low sodium soy sauce for items such as burgers

GRILLING VEGGIES

Vegetables are high in nutrients, and they are great on the grill. Brush or drizzle olive oil on your veggies and add your favorite herbs and spices before grilling. Try grilling anything from squash to asparagus to onions and tomatoes. Veggies can be a great side item or can be grilled on a kabob with your favorite meat. There are so many possibilities!

WHAT ABOUT FRUIT?

Yes, you can even grill fruit! Grilling fruit helps bring out an even more intense flavor. Make sure to use more firm fruits that will hold up to the heat and not fall apart. Try with nutmeg and cinnamon and enjoy by itself or with low-fat yogurt or low-fat ice cream.

3rd Annual PEAKS 5K

The 4th annual Western Carolina PEAKS 5K is returning to Cullowhee and WCU on Friday, September 20, 2013 at 7:00 p.m. This is an annual Family Weekend tradition, so bring the whole family along for some fun and fitness.

Participants can register on active.com or through paper registrations available at the WCU Residential Living office. The early registration fee is \$18.00 and ends on September 10th at 5:00pm. Early registration includes a t-shirt. Half of the proceeds from the race will go towards the Student Affairs Student Emergency Fund, while the other half will go towards a non-profit organization of the majority vote at the finish line. Register today for a great cause and some fun with your family!



Hours of Operation

Campus Recreation Center

Monday-Friday 6am-10pm

Saturday 9am-5pm

Sunday 1pm-9pm

Reid Pool

Monday: 6am-8am; 10am-5:30pm (on 8/26); 11am-6pm (on 9/2); 10am-3:45pm (begins 9/9); 6:15pm-8:30pm

Tuesday: 6am-8am; 9am-3:45pm; 6:15pm-9pm

Wednesday: 6am-8am; 10am-12:20pm (8/28, 9/4, 9/11); 10am-3:45pm (begins 9/18); 6:15pm-8:30pm

Thursday: 6am-8am; 9am-3:45pm; 6:15pm-7pm

Friday: 6am-8am; 9am-9pm; 9am-5:30pm (on 9/27)

Saturday: 10am-1pm

Sunday: 5pm-8pm

Labor Day Hours

Monday, September 2nd

CRC 11am-7pm

Reid Pool 11am-6pm

Home Football Game Day Hours

Campus Recreation & Wellness supports the Cats by encouraging the entire WCU community to get involved in game day activities. In support of the Cats, the CRC will close early on the following days.

Saturday, September 14th 9am-1pm

Saturday, September 21st 9am-1pm

Saturday, October 19th 9am-1pm

Saturday, October 26th 9am-1pm

Saturday, November 16th 9am-1pm

Health & Safety Certification Classes

Become American Red Cross certified in Adult CPR/AED and help save a life. This blended-learning course requires passing a practical exam to receive certification.

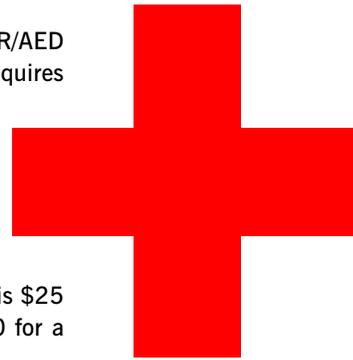
Adult CPR/AED

Thursday, September 12th

5:30pm-7:00pm

CRC Meeting Room

Register by Monday, September 9th in the CRC. Cost is \$25 for a CRC member; \$35 for a non-member; and \$60 for a community member. We accept cash or check.



EMPLOYEE OF THE MONTH

William Frady was born and raised here in Sylva, NC. He works for the Division of IT and has worked for WCU for about 23 years. His favorite workout is running and his favorite time of day to run is either early or late in the day when it is cool. William has been seriously exercising since January of this year. He has exercised a lot in his life, but only recently got back into it intensely. William says, "Thanks to the CRC and its support staff, I have lost 87 lbs. since January". Congratulations on your accomplishment, William, and thanks for being our member of the month!



MEMBER OF THE MONTH



Morgan Lancaster has been working at the CRW for a year now. Her favorite part of working at the CRW is meeting new people and working with amazing coworkers. Morgan's advice to my fellow employees would be to stay positive and cheerful while at work because it makes the CRW atmosphere so much more fun and enjoyable. She is a Secondary English Education major and plans on teaching high school English when she graduates. Morgan describes herself as a hardworking, enthusiastic and friendly person. She loves hanging out with friends and Phi Mu sisters and working at the CRW with all the wonderful staff. Thanks Morgan for all your hard work at the Rec Center!



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.

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



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