



“You can make a wish, or you can make it happen. Make it happen in 2018!”  
~Unknown

## Time for Reflection: 2017

Campus Recreation & Wellness would like to wish you a Happy New Year! We have spent the past few weeks reflecting on 2017, specifically all the accomplishments and amazing things that have occurred with CRW. Reflection is an important part of wellness, and is an activity we encourage you all to do as well. No matter what happened in 2017, try to reflect and find ways you can learn and grow from those experiences. We all have failures and tough days, but reflection is the first step in allowing positive growth and change. We hope you join us in reflecting on 2017 so 2018 can be even better!

“Honest self-reflection opens your mind to reprogramming, change, success, and freedom”  
-Trudy Vesotsky



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### CRW Reflections...

- CRW has successfully implemented a comprehensive software package called Fusion, which will allow us to better serve our participants and members.
- New CRC Equipment: 3 Matrix Treadmills, 5 True Ellipticals, 1 Life Fitness Cable Cross, 13 Rogue Fitness Bars.
- CRW Staff Additions: We welcomed Laurie Bryson to our CRW family last spring, and then had to say farewell to Jonathan Johnston in August.
- CRW currently employees 112 students who work in various roles and we graduated 35 seniors in 2017.
- Based on a survey from spring 2017, overall satisfaction with CRW programs and services is between satisfied and extremely satisfied (Rating of 4.12 out of 5).

### A few Fall 2017 stats include:

- Base Camp 850 trip participants
- Climbing Wall 3,052 participations
- Club Sports 7,204 participations
- CRC 97,214 participations
- Group X 3,540 participations
- Intramural Sports 6,988 participations
- Reid Pool 4,805 participations



# Intramural, Club Sports & More

Welcome back, sports fans!

On behalf of the Intramural Sports program, we hope you had a restful break and are ready to get back into action! Take a look at the following tournaments and leagues Intramural Sports is offering in January.

## Indoor Spikeball Tournament

Wednesday, January 17th at 6pm.

Pre-register on Imleagues by Tuesday 1/16.

## Basketball League

League starts Monday, January 29th

We are offering Men's, Women's and CoRec divisions. Gather at least five friends to create a team. Register by Wednesday, January 24th.

Congrats to all our Fall Intramural Champions! For all pictures of our champions, check out our Facebook, Instagram and Twitter accounts.



See you back on the courts soon!



## Cross Training Challenge

**Back for Spring 2018**

Beginning January 22, you can earn a FREE t-shirt by challenging yourself to stay active throughout the Spring Semester (well, till spring break anyway)! Each participant will track their activities on a paper tracking form and win a t-shirt for reaching pre-set goals in their choice of two of the following categories: Cardio, Strength, or Other (examples of activities for each category can be found on the tracking form). Each participant must complete the Wellness category too. The program runs until March 4.

Register online at [myrec.wcu.edu](http://myrec.wcu.edu)  
Questions? Email Mandy Dockendorf at [aldockendorf@wcu.edu](mailto:aldockendorf@wcu.edu).

## AAAI/ISMA Personal Fitness Trainer Certifications

CRW will host an AAAI-ISMA Personal Fitness Trainer Certification on Saturday, February 3rd from 8:30am-5:00pm. The AAAI-ISMA Personal Fitness Certification is for anyone who is interested in becoming a personal trainer or enhancing his or her training skills. The certification is comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills.

In addition, CRW is hosting the Weight Management Consultation Certification with AAAI-ISMA on Sunday, February 4 from 8:30am-5:00pm. If you already hold your Personal Fitness Trainer certification and want to further your knowledge base and training skills, this continuing education workshop might just be for you!

The cost for each certification is \$99 if you pre-register by January 19. Registration forms are available in the CRC and must be sent into AAAI/ISMA. There is also an option to register online. Please register early; a minimum number of participants must be registered early to host the event. If you have further questions, contact Mandy Dockendorf at [aldockendorf@wcu.edu](mailto:aldockendorf@wcu.edu).

## Personal Training

Do you have big fitness goals for 2018 but not sure how to achieve them? It's never too early to prepare for your new year's resolutions and new fitness goals. A personal trainer can give you the knowledge, tools, and motivation to accomplish all that you set out to do!

CRW offers a variety of training packages from one-on-one sessions, designing an 8-week training program based on the client's goals, and small group training (2-6 people). There is a training package for everyone no matter your level of motivation, current fitness level, or goals!

Let our nationally certified personal trainers help you start working towards your 2018 goals today!

## Club Sports Fair

Are you interested in learning more about Club Sports? Come to the Club Sports Fair in the Campus Recreation Center on Monday, January 22nd from 5pm-7pm. The Club Sports program offers 16 different club sports. Join today!

- Ballroom Dance
- Bass Fishing
- Cheer
- Climbing
- Cycling
- Equestrian
- Golf
- Men's Baseball
- Men's Rugby
- Men's Soccer
- Men's Volleyball
- Ultimate Frisbee
- Women's Lacrosse
- Women's Rugby
- Women's Soccer
- Women's Volleyball

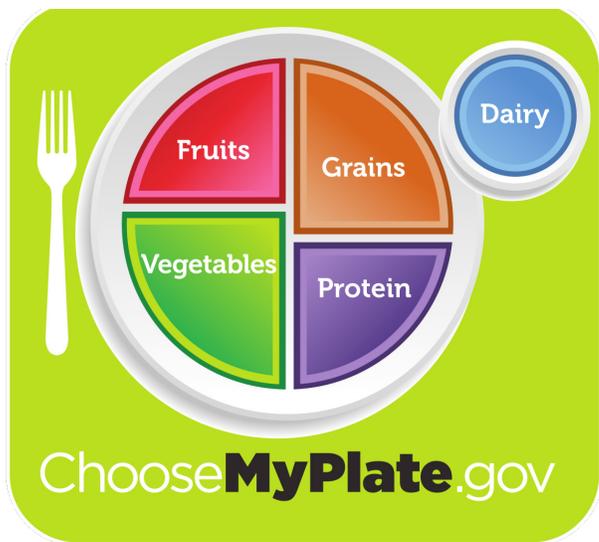
Please visit our club sport page at [recenter.wcu.edu](http://recenter.wcu.edu) for more information. We hope you consider joining us this spring semester!

Go Catamount Club Sports!

## Eating Balanced with MyPlate & The Importance of Physical Activity

MyPlate is the recommendation for balanced, healthy eating. It is a simple, straight-forward method for planning meals. MyPlate recommends making half your plate fruit and vegetables, a quarter of protein and the remaining quarter will be a starch such as rice, pasta or bread. The benefit of MyPlate is it can help make getting proper nutrition easier. This day and age has countless fad diets promising a quick fix and fast results. However, the danger with these is they often encourage a reduction and/or an increase of a certain food group. The problem is it eliminates nutrients found in certain food groups. Our complex bodies need a variety of different nutrients which are found in different foods.

MyPlate emphasizes the intake of non-starchy vegetables, lean meats, whole grains, low fat dairy and fruit. It advises to limit foods high in saturated fat, added sugar, sugar sweetened beverages and sodium. Realistic, small changes over a period of time are the key for lasting change that promotes a healthy lifestyle.



### Easy ways to help maintain weight or even lose weight:

- Replace sugar sweetened beverages with water
- Have planned snacks that include a complex carb and protein
- Avoid unnecessary grazing on candies and/or chips
- Share a plate with your spouse at your favorite restaurant
- Sautee' vegetables to maximize flavor

Apart from healthy eating habits, physical activity is the other measure of longevity. Being active daily can reduce the chance of heart disease, high blood pressure, and Type 2 Diabetes. The Department of Health and Human Services recommends adults get at least 150 minutes a week of moderate to intense physical activity.

### Physical activity can also help by:

- Maintaining or reducing weight to a healthy range
- Increasing muscle and bone strength
- Helping with better, more restful sleep at night
- Helping promote a healthy cardiovascular system
- Increasing energy and improving mental health

Sometimes, it can feel hard and frustrating to start physical activity. The number one reason most adults do not exercise is due to time constraints. Various things can leave a person feeling overwhelmed and likely have exercise at the bottom of the to-do-list.

### Some strategies may include:

- Be intentional by scheduling exercise in a planner every other day for 15- 30 minutes
- Taking an exercise class twice a week with a friend for continued accountability
- Exercising at home before or after work

Some people who find physical fitness boring may benefit from taking up a physically active hobby. Some examples include kickboxing, riding a bike down the street or hiking trails. Make sure your doctor approves your activity to prevent injury. Start slow and gradually build intensity. Lastly, remember to warm up before and stretch after being physically active.

For more information and great resources on MyPlate and Physical Activity Guidelines for Americans, please reference the following:

<https://www.choosemyplate.gov/MyPlate>  
<https://health.gov/paguidelines/guidelines/>

*Provided by Anthony Walker, WCU Dietetic Intern*

## Group X Spring Schedule

The Group X program begins on Tuesday, January 16. Classes Tuesday, January 16 through Sunday, January 21 are FREE for all CRC members. Beginning on Monday, January 22, a Group X pass is required to attend classes.

The cost for a Group X pass for the semester is \$10.00, which includes all classes on the schedule. Copies of the schedule will be available beginning on Friday, January 12 at the front desk of the CRC or found on the CRW website at [recenter.wcu.edu](http://recenter.wcu.edu). The group setting is a great way to stay motivated and ensure a safe and effective workout. Classes include ,but are not limited to, yoga, tabata, ab attack, pilates, barre, and cycle. There is something for everyone in Group X!

## LOVE IT! LEARN IT! LEAD IT!

### Group Instructor Training Course

Do you regularly attend group exercise classes? Have you thought to yourself, I think it would be fun to learn how to teach a group exercise class? Here is your chance! The CRC is offering a Group Instructor Training Course beginning Friday, February 2 at 2:00pm. There will be additional classes scheduled at the first session. Subsequent sessions will most likely be held weekday evenings. The only requirement to participate is to have a Spring 2018 Semester Group X pass. There is no other fee to participate .

Register at [myrec.wcu.edu](http://myrec.wcu.edu)  
For additional information, please email [aldockendorf@wcu.edu](mailto:aldockendorf@wcu.edu)

# Outdoor Programs

## Cataloochee Ski Shuttle

Friday, January 26th\*\*

Registration Deadline: Friday, 1/19 @12pm

### Students

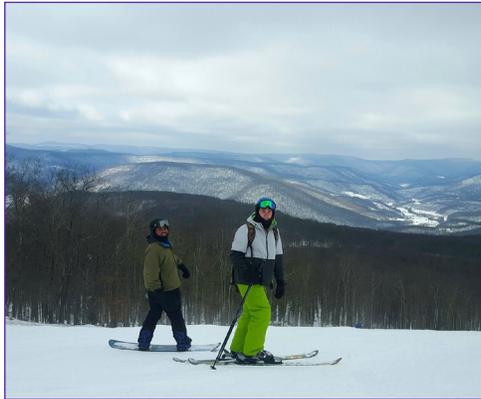
\$5 for just the shuttle - w/your own lift ticket and gear  
\$25 for shuttle and lift ticket  
\$35 for shuttle, lift ticket, and gear rental  
\$45 for shuttle, lift ticket, gear rental, and lesson

### Faculty/Staff/Guests

\$5 for just the shuttle - w/your own lift ticket and gear  
\$30 for shuttle and lift ticket  
\$40 for shuttle, lift ticket, and gear rental  
\$50 for shuttle, lift ticket, gear rental, and lesson

\*\* Additional ski shuttles will be held on the following Friday evenings: February 2nd, February 9th, February 16th, and February 23rd.

For each ski shuttle the registration deadline is the Friday before at 12pm.



## Full Moon Hike



Wednesday, 1/31, 6-11pm

Registration Deadline: Monday, 1/29 at 12pm  
Cost: \$20 Students | \$25 Faculty/Staff

\*\*To register for trips, you can visit [myrec.wcu.edu](http://myrec.wcu.edu) or stop by the Adventure Shop located in the Campus Recreation Center.

### Climbing Wall Hours

Monday-Thursday: 4-8pm  
Friday: 4-7pm  
Sundays 5-8pm

### Adventure Shop Hours

Monday: 11am-5pm  
Tuesday-Thursday: 12-5pm  
Friday: 10am-5pm

## Caving Day Trip



### Worley's Cave

Saturday, 2/3, 8am-9pm  
Registration Deadline: Friday, 1/31 @ 5pm  
Cost: \$30 Students | \$35 Faculty/Staff/Guests

## Belay Clinics

Weekly on Wednesdays, 6-8pm  
Starts: 1/17

## Kids Climb

Friday 1/26, 5-7pm

# OGDP Foundations

Base Camp Cullowhee's Outdoor Guide Development Program (OGDP) is kicking off this spring! If you are interested in gaining leadership skills, specifically pertaining to the outdoors, and working for BCC as a trip staff, the OGDP is for you!

The OGDP is an outdoor leadership training program open to WCU Students offered during the Fall and Spring semesters. OGDP is an immersive program that provides a smooth transition and educational process to apply to become a BCC Trip Leader.

The OGDP focuses on giving students the necessary skills, knowledge and awareness to become competent outdoor instructors and guides. The OGDP Foundations and Outdoor Essential Clinics are at the core of becoming a trip leader and are offered during the Fall and Spring semesters.

The OGDP begins with three Foundations workshops: History and Philosophy of Outdoor Education and Programming, Risk in the Wilderness, and Leadership and Group Dynamics. Foundations are courses that focus on the awareness of appropriate attitudes, knowledge, and skills as it relates to outdoor leadership, with particular emphasis on the relationship between people, the environment, and equipment. These FREE workshops meet two times in the Spring, each for two hours - you pick the best time. The schedule of classes can be found in the list below or on the Base Camp website and program calendar. You can sign up for Foundations workshops at the CRC Adventure Shop.

History and Philosophy of Outdoor Education  
Thursday, 1/25, 6-8pm

Risk in the Wilderness

Tuesday 1/30, 6-8pm

Group Dynamics & Leadership

Thursday 2/8, 5:30-7:30pm

History and Philosophy of Outdoor Education  
Tuesday 2/13, 7-9pm

Group Dynamics and Leadership

Monday 2/26, 6-8pm

Risk in the Wilderness

Wednesday 2/21, 7-9pm

All students are required to complete a Candidate Data Form prior to starting the program. Students interested in OGDP can learn more by stopping by the CRC Adventure Shop or emailing [basecamp@wcu.edu](mailto:basecamp@wcu.edu).

## Holiday Break Hours

### Campus Recreation Center

Tuesday, Jan. 2nd - Thursday, Jan. 4th  
11:00am-7:00pm  
Friday, Jan. 5th  
11:00am-4:45pm  
Saturday, Jan. 6th & Sunday, Jan. 7th  
Closed  
Monday, Jan. 8th - Friday, Jan. 12th  
11:00am-7:00pm  
Saturday, January 13th  
Closed  
Sunday, Jan. 14th  
5:00pm-9:00pm  
Monday, Jan. 15th  
11:00am-7:00pm  
Tuesday, Jan. 16th  
Regular Spring 2018 Hours

### Reid Pool

Tuesday, Jan. 2nd - Friday, Jan. 5th  
11:00am-1:00pm  
Saturday, Jan. 6th & Sunday, Jan. 7th  
Closed  
Monday, Jan. 8th - Friday, Jan. 12th  
11:00am-1:00pm  
Saturday, January 13th  
Closed  
Sunday, Jan. 14th  
5:00pm-8:00pm  
Monday, Jan. 15th  
11:00am-6:00pm  
Tuesday, Jan. 16th  
Regular Spring 2018 Hours



## VALLEY OF THE LILIES 2018 HALF MARATHON & 5K

presented by



## 2018 Valley of the Lilies Half Marathon and 5K

Challenge yourself in the new year by training for and completing the 8th Annual Valley of the Lilies Half Marathon and 5K to be held on Saturday, April 7th, 2018. Register today on [runsignup.com](http://runsignup.com)! Early registration is only \$20 for the 5K and \$40 for the Half Marathon. Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to get updates on all of the exciting news in the upcoming months, or visit us on the web at [halfmarathon.wcu.edu](http://halfmarathon.wcu.edu).

## EMPLOYEE OF THE MONTH

Taylor Broadway is originally from Asheville, North Carolina. She is a senior at Western Carolina University. Taylor's major is Psychology.

One of the things Taylor loves about the Campus Recreation Center is the contagious smiles and friendliness. We asked her what advice she had for her fellow co-workers and her response was simple. Quoting Arnold Schwarzenegger, "the resistance that you fight physically in the gym and the resistance that you fight in life can only build a stronger character". A little fun fact about Taylor is she has a signed photo of Arnold Schwarzenegger hanging in her kitchen for extra motivation.

Thank you Taylor for working so hard, and congratulations on being chosen Employee of the Month!



## PARTICIPANT OF THE MONTH

Jacovi James is from Concord, North Carolina but he was originally born in Florence, South Carolina. He is in his first year at Western Carolina University. Jacovi is studying in the engineering department, specifically ECET.

Jacovi has been exercising since he was 15 years old His favorite workout to do is kneeling barbell military press and he prefers to work out in the evening between 7 and 8.

Congratulations on being selected as the Participant of the Month. We enjoy seeing you regularly!



## Have someone in mind for Employee or Participant 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



Campus Recreation and Wellness

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