



TIP:
Having a difficult time getting the recommended 8 glasses of water per day? Eating juicy fruits like watermelon or oranges will not only count toward your 8 glass goal but also toward your daily fruit goal!



On your mark, get set, GO!

Have you been enjoying the quiet mornings around the CRC? Or the ice cream and games on the lawn? Hopefully, you've been able to take advantage of the fun activities and relaxing atmosphere this summer as well as setting some good workout habits.

If you're wondering how you're going to keep up with everything this fall, we can help! The facility is open 6:00am-10:00pm Monday – Friday as well as Saturday 9:00am-5:00pm and Sunday 1:00pm-9:00pm (starting August 21st) to help accommodate your busier schedule this fall. We will also have morning Group X classes starting August 29th as well as our noon and evening classes. And don't forget about the Group X Jam, Thursday, August 25th, 5:30pm-7:00pm to try out all the classes on the schedule!

Think you'll need a little extra motivation to keep you going when your schedule gets busy? Take advantage of Personal Training or our new Nutrition Services. For a small fee, a certified trainer and/or dietitian will assess your current levels and help you meet your health & wellness goals! We'll also have some fun Intramural Sports activities this month and throughout the semester so check out the schedule and have some fun this semester.

INTRODUCING OUR NEW ASSISTANT DIRECTOR FOR FITNESS & WELLNESS:



Mandy Dockendorf is from Cold Spring, Minnesota and received her Bachelor's degree in Exercise Science from the University of Minnesota Duluth and her Master's in Sports Administration from Belmont University. She enjoys running, biking, hiking, and the occasional adventure race, as well as watching college basketball and football, NASCAR, and the Tour de France. Besides being an outdoor enthusiast Mandy enjoys traveling, reading, and dancing!

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August Intramural Schedule

Participating in intramural sports is a great opportunity to take a break from the everyday grind, have fun, and meet new people! For single day intramural events, just show up with your Cat Card.

Event/Activity	Location	Date	Day of the Week	Time
Ping Pong on the Lawn	UC Lawn	8.22.11	M	1:00pm-3:00pm
Table Tennis Singles	Cat's Den	8.24.11	W	7:00pm
Sand Volleyball League*	Village Sand Court	8.26.11	F	see imleagues.com
Ultimate Frisbee League**	see imleagues.com	8.31.11-9.28.11	Su-Th	see imleagues.com
Billiards	Cat's Den	8.31.11	W	7:00pm

*Sand Volleyball League: Sign-ups will take place through imleagues.com. Teams will need to be signed up online by August 25th to be eligible to play. Managers meeting and play begins Friday, August 26th.

**Ultimate Frisbee League: Sign-ups will take place through imleagues.com. Teams will need to be signed up online by 4:00pm August 29th to be eligible to play. Managers meeting is at 5:00pm at the CRC on August 29th.

Hours of Operation

CAMPUS RECREATION CENTER

Friday, August 5th	6:00am-2:00pm
Saturday, August 6th and Sunday, August 7th	Closed
Monday, August 8th – Friday, August 12th	11:00am-7:00pm
Saturday, August 13th and Sunday, August 14th	Closed
Monday, August 15th – Friday, August 19th	11:00am-2:00pm
Saturday, August 20th	9:00am-4:00pm
Sunday, August 21st	1:00pm-9:00pm
Monday, August 22nd	Begin Fall 2011 Hours

Fall Regular Hours of Operation

Monday-Friday	6:00am-10:00pm
Saturday	9:00am-5:00pm
Sunday	1:00pm-9:00pm

REID POOL

Friday, August 5th	6:00am-8:00am, 12:00pm-1:00pm
Saturday, August 6th and Sunday, August 7th	Closed
Monday, August 8th – Friday, August 12th	11:00am-1:00pm
Saturday, August 13th – Friday, August 19th	Closed for maintenance
Saturday, August 20th	10:00am-1:00pm
Sunday, August 21st	5:00pm-8:00pm
Monday, August 22nd	Begin Fall 2011 Hours

Fall Regular Hours of Operation

Mondays – Fridays	6:00am-8:00am*
Mondays	9:00am-3:45pm, 6:15pm-9:00pm**
Tuesdays	9:00am-12:35pm, 1:50pm-3:45pm, 6:15pm-9:00pm**
Wednesdays	9:00am-12:20pm (Aug. 31, Sept. 7, 14 ONLY), 9:00am-3:45pm (all other Wed.) and 6:15pm-9:00pm**
Thursdays	9:00am-12:35pm, 1:50pm-3:45pm
Fridays	9:00am-4:00pm, 4:00pm-9:00pm**
Saturdays	10:00am-1:00pm**
Sunday	5:00pm-8:00pm**

* = Lap swim only

** = Includes Family Swim



Group X Jam & Group X Classes

Join us for fun, fitness, and prizes at the Group X Jam on Thursday, August 25th from 5:30pm-7:00pm. The Group X Jam is an opportunity to sample several Group Exercise classes for free. The Jam fills up quickly, so get there early!

Group X classes officially begin on Monday, August 29th. Reminder: The fall Group X schedule will be held hostage until the Jam. 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 or at the Jam.

Exercise smarter when it's hot outside

August can be one of the hottest months of the year but you can safely workout outside if you follow a few simple guidelines.

Wear light-colored, loose, absorbent clothing (lose the spandex or even cotton, which can stay wet)

Exercise moderately - 60-70% of maximum heart rate, listen to your body, and take your toughest workouts inside.

Seek shaded pathways.

Drink a couple of cups of room temperature water before leaving and more when returning. In between, slug back a cup or two every 20 minutes if possible.

The Nutrition Label

Many times the food label is overlooked or oftentimes provides nothing but confusion. It's time to clear the muddy waters and make sense of this useful tool.

THE BASICS

First, let's look at the "good things" the product has to offer. Does it contain fiber? Americans are notorious for low fiber intake. The current recommendation is 25-30 grams per day.

Does it have vitamins and/or minerals? Most foods should offer some amount of micronutrients. I have been told "I don't eat to get my vitamins." What do *you* do to maintain a steady intake of vitamins and minerals? Food is the human body's multivitamin of choice. Vitamins and minerals are much easier to absorb from food.

Next, what kind of fat is in the product? It's best to have more unsaturated fats than saturated. And monounsaturated fats are more heart healthy than polyunsaturated fats. Finally, ask "Will this food be good fuel for my body?"



Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

That leaves the question: What should be avoided? Watch out for excess amounts of sodium. It adds up quickly. The recommendation is less than 2,300mg a day, which equals about one teaspoon of salt. Limiting to 600mg per meal and 250mg per snack will bring you right to the 2,300mg mark. If you have been advised to eat less sodium follow the advice of your physician.

ALWAYS avoid trans fat. The American Heart Association (AHA) recommends limiting trans fat intake to LESS than 1% of your total intake. The AHA also recommends less than 300mg of cholesterol a day. Finally, ask "Will this food be good fuel for my body?"

Remember, the values are listed for 1 serving of the food. If something has 250 calories and 6g of fat for 1 serving and two servings are consumed, that is 500 calories and 12g of fat.



Wellness Scavenger Hunt

NEW TO CAMPUS?

The Wellness Scavenger Hunt is a great way to learn about Wellness Resources at WCU. Pick up your bag August 22nd - 30th from your Academic Instructor or at the CRC to get started! Follow the instructions on the card attached to the bag and turn in your bag at the CRC by August 31st to redeem prizes!

Presentations & Classes

Are you teaching a class this fall? Let us help you educate your students about health and wellness through a peer presentation, fitness class, sport activity, or facility tour/information. Just complete the online form (<http://www.wcu.edu/27257.asp>) at least two weeks before your requested class and we'll work out the details!

Club Sports Gears Up!

Club Sport teams are gearing up again for the 2011-2012 season. Clubs will be hosting interest meetings, participating in recruitment events, and holding open practices during the first week of classes. Remember, faculty and staff who are interested in a club may practice with the club as a club member. Faculty/staff, however, are not allowed to compete with the club.

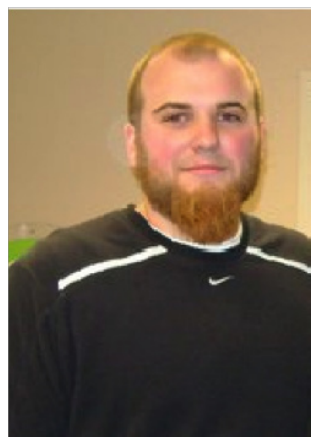
Current active clubs for 2011-2012 include: Ballroom Dance, Baseball, Bike Club, Climbing, Disc Golf, Equestrian, Fencing, Inline Hockey, Karate, Kendo, Men's Lacrosse, Men's Rugby, Men's Soccer, Men's Volleyball, Tennis, Women's Soccer, and Women's Volleyball. For more information and to contact a club president, please visit our website reccenter.wcu.edu.

EMPLOYEE OF THE MONTH



Hannah Woody is one of our Supervisors and is from Hickory, North Carolina. She is an Elementary Education major and hopes to find a teaching job in North Carolina when she graduates. When asked why she likes working at the CRC she replied, "It is a great place to meet not only students but also faculty and staff. I have made some of my closest friends while working at the rec center." In her spare time Hannah likes spending time with her friends and family, especially her two year old nephew. If given the opportunity to travel wherever she'd like, she would choose Ireland and if she happened to win the lottery, she'd build a school for Kindergarteners through 6th graders in need. Hannah says this is something she has always dreamed of doing. Great job Hannah, thank you for the tremendous work you do!

MEMBER OF THE MONTH



Nick Mashburn is from Candler, North Carolina and will be beginning his junior year this fall. He is a Resident Assistant in Norton Road Hall and a Health and Physical Education major. He likes to start his day on the right foot by working out in the morning. Nick began exercising regularly during his freshman year of high school for sports. The sports he really enjoys playing are basketball, football, and racquetball, but says that he's willing to give anything a try. He enjoys working hard and seeing the results from that hard work. Congratulations Nick!

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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LEADERSHIP ~ COMMUNITY ~ FUN ~ PERSONAL DEVELOPMENT ~ INTEGRITY

The mission of the Department of Campus Recreation & Wellness is to create a campus-wide culture of wellness by providing programs, services, and facilities for individuals to engage and sustain the active process of healthy living.