

Wishing you peace and joy this holiday season and throughout 2017!



## Commit to Stay Fit During the Holidays

Each December can bring distractions that can get you off track from your normal schedule. Typically one of the first things we see people abandon is their fitness routine. However, December can also be one of the most stressful times of the year between the semester ending and the holidays. Maintaining some form of exercise can help you better manage your stress, give you a boost of energy, and clear your thought process.

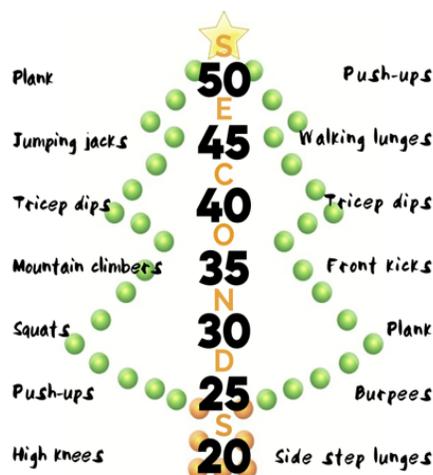
With a less structured personal schedule and the CRC closed during the University shutdown, we want to give you some tools to bend your fitness routine to maintain your overall health level.

1. Join us for our FREE Finals week and Holiday Group X Classes – Group X Classes provide a challenging workout and can be a great way to socialize with your friends and co-workers.
2. Body Weight Training – Things like push-ups, body-weight squats, planks, jumping jacks, etc. can help you maintain your muscular endurance over the holidays. See workout on the right.
3. Take a Hike – WCU’s trail system, as well as other area hiking trails, are open year round. This is a great fitness activity to do with your family and friends.

4. Walk or Run a “New Years” Race – Many towns and cities host New Year’s Day races to start people off on the right foot in the new year.

5. Use a Fitness App- There are some great fitness and nutrition apps for mobile devices. Using one of these apps may not motivate you to workout, but it may help you stay on track.

We hope everyone has a relaxing and safe holiday break. Happy Holidays from Campus Recreation & Wellness!



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# Intramural Sports

On behalf of Intramural Sports, we would like to thank everyone for their participation and enthusiasm throughout the program this semester. We had great competition and team spirit across the board. Be sure to come watch us crown our final champions of the semester in the following two events:

Intramural Ultimate Frisbee Champ Night: Wednesday, Dec. 6th @7pm in the WCU Stadium

Intramural Volleyball Champ Night: Thursday, Dec. 8th @ 7pm in the Ramsey Center

When you return from break, keep an eye out for the following leagues and tournaments available for registration in January:



Fall 2016 Women's Soccer Champs

EVENT	LOCATION	REGISTER BY	PLAY STARTS	DIVISIONS
Table Tennis Doubles Tournament	Norton Residence Hall	1/11	6pm	Open
Basketball League	Reid Gym	1/18	1/23	M/W/CR
Racquetball Doubles League	Ramsey Center	1/25	1/30	Open
Dodgeball League	Reid	1/25	2/1	CoRec

## Club Sports

Club Sports had a great fall semester with many of our club teams competing at home and away, as well as partaking in community service projects. Thank you to everyone who participated with one of the club sport teams or came out to support them. We look forward to the spring semester!

### October/November Club Sport Competitions Report

- Equestrian placed several individuals in the top 6 at various shows throughout October.
- Cycling club member, Frida Roening, placed 1st at Nationals in the Women's Downhill Collegiate club and fastest women's overall downhill time
- Men's soccer lost to UNC Asheville, 0-1 on 10/28
- Women's Volleyball placed 3rd at a tournament at UNC Charlotte on 10/29 with an overall record of two wins and two losses
- Ultimate Frisbee placed 2nd at a tournament at UNC Charlotte on 11/5 and 11/6 with an overall record of six wins and two losses
- Women's Volleyball placed 3rd at a tournament at UNC Greensboro on 11/5 with an overall record of two wins and two losses.
- Men's Soccer lost against NC State, 0-4, on 11/6

Feel free to support our club sport teams, who are student organizations, by donating to their club. Go to the club sport website to find out how to donate. It is greatly appreciated!

To find out more about our club sport teams, please visit our club sport webpage at [reccenter.wcu.edu](http://reccenter.wcu.edu) or visit [imleagues.com/wcu](http://imleagues.com/wcu)



## Long-Term Lockers

**Long-term Locker Holders – It's that time again!**



If you are on payroll deduction, you do NOT need to turn in your locker key. However, the CRC staff would like you to know that your locker will be wiped down and vacuumed out on either Monday, December 19th or Tuesday, December 20th. Please try to take your belongings out of your locker for those two days.

If you are not on payroll deduction but have a long-term locker, you also have two options. The first option is to renew your membership for spring semester by Friday, December 16th. This will allow you to keep your locker key. Remember, we will still clean your locker on December 19th or 20th. The second option is to return your locker key to the main office by Friday, December 16th. If you choose the second option, you will need to place your name back on the locker waiting list when you sign up during Spring Semester.

## Spaghetti Squash

### Health Benefits of Spaghetti Squash over Pasta:

Spaghetti squash is a low-calorie, low-carbohydrate alternative to pasta. One cup of cooked spaghetti squash has 42 calories and 10 grams of carbohydrates, while one cup of cooked pasta has 221 calories and 42 grams of carbohydrates.

### How to cook:

#### In the oven:

Preheat oven to 400°F. Slice one medium spaghetti squash (about 2-3 pounds) in half lengthwise using a chef's knife. Spaghetti squash is tough to cut, so use caution. Scoop out seeds and stringy flesh, but do not dig into flesh of the squash. Place the squash in a roasting pan, cut-side down and pour a little water in the pan (enough to cover the bottom of the pan). You can cover the pan with aluminum foil to help the steam cook the squash quicker, but that is optional. Bake in oven for 30-45 minutes. The squash is ready when you can pierce a fork through the flesh all the way to the peel and separate it into spaghetti-like strands. Scrape out the squash using a fork, separating the flesh into strands. Serve immediately. Great tossed with olive oil and garlic.

### In the microwave:

Cut squash in half and scoop out seeds and stringy flesh. Place in microwave-safe baking dish, cut-side down, filled partially with water. Place in microwave for 5-10 minutes until tender. Scrape out the squash using a fork, separating the flesh into strands. Serve immediately. Great tossed with olive oil and garlic.

There are many great spaghetti squash recipes available or use it in place of pasta in your favorite recipes!

by Christine Howell, WCU Dietetic Intern.



## Finals Week Group X classes

Classes are FREE to all CRC Members! De-stress with some fun-filled group classes! Classes are in the CRC studios.

Monday	12:10-1:00pm	Power Pump w/Mandy
Monday	5:30-6:15pm	Yoga w/Michaela
Tuesday	7:00-7:45am	Yoga w/Michaela
Tuesday	12:10-12:50pm	Zumba w/JoJo
Tuesday	5:30-6:15pm	PiYo Strength w/Ashley
Wednesday	12:10-12:50pm	Yoga w/Michaela
Wednesday	5:30-6:15pm	Bootcamp w/Taylor

## Special Holiday Group X Classes



If you are sticking around during the Holiday Break, we want to offer you the opportunity to stay active with Group X. Any CRC member or WHEE 4 Life participants can join us for these FREE classes! All classes are held from 12:10-12:50pm.

Monday, December 19	Yoga	Michaela
Tuesday, December 20	Zumba	Sloan
Wednesday, December 21	Bootcamp	Mandy
Wednesday, January 4	Yoga	Mandy
Thursday, January 5	Xpress Cycle +Abs	Mandy
Friday, January 6	HIIT	Shauna

## Group Exercise

Thank you to all the participants who have made this semester another success! As a quick reminder, the last day for GX classes for the fall semester is Friday, December 9th. We will be doing things a little bit differently to kick off the Spring semester Group X program. The Spring schedule will be available on Monday, January 9 and classes will begin on Wednesday, January 11. Classes will be FREE to all CRC members from January 11-13, giving you, as a participant, an opportunity to try out a few classes before committing to purchasing your group x pass for the semester! Beginning on Tuesday, January 17 you will need to have purchased your Group X pass to attend classes. Come try out the variety of classes the Group X program has in store for Spring 2017!

If you want to get a jumpstart on the Spring semester you can purchase your Group X Spring 2017 pass starting Monday, November 28 in the CRC Main Office. Remember the pass costs just \$10 (cash or check only).

## Group Exercise Instructor Training Course

### Love It! Learn It! Lead it!

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! CRW is offering a Group Exercise Instructor Training class beginning Saturday, January 21st. There will be additional classes scheduled at the first session. Any subsequent sessions (workshops) will most likely be held on weekdays in the evening. The only requirement to participate is to have a Spring 2017 Semester Group X pass. There is no other fee to participate in the course. For additional information and registration, please contact Mandy Dockendorf at [aldockendorf@wcu.edu](mailto:aldockendorf@wcu.edu) or 828-227-8801.



# Outdoor Programs

## Upcoming Events

### Outdoor Essentials Clinics

Base Camp Cullowhee created a new set of programs based around the development of individuals who are seeking to be outdoor leaders. For more information contact Jeremiah Haas at [jhaas@wcu.edu](mailto:jhaas@wcu.edu).

### Rope Rug Making Clinic (\$) Thursday, Dec 1st, 7pm - 9pm Adventure Shop

Learn another cool, artistic use for rope.

### Rock 'n' Rumble

Save the date, February 18th, for the USA Climbing Collegiate Climbing Competition hosted by Western Carolina University. Registration and more info to come.

Look for more Outdoor Essentials Clinics in the Spring!



## Going Outdoors in the Winter

The last leaves are falling and with them the temperatures are dropping. There are still many adventures awaiting you in the surrounding Blue Ridge Mountains! Here are some hiking ideas and tips for being safe this winter season:

- Whiteside Mountain is especially beautiful in the winter. When ice forms, it lays in sheets down the mountain side, adding a luster and ethereal wintery quality to the mountain side. Be aware of slick spots. Make sure to hike to the top for a great view!
- Cullowhee Falls is a great spot for post-snowy wonder. Be wary of ice formations!
- Winter sunrises are often more spectacular, find a lookout and grab some hot chocolate to welcome the new day with friends. Don't forget your camera!
- The Blue Ridge Parkway will close sometime for the winter, so be on the lookout for dates.
- Know the forecast for the area you'll be in and what you need to bring for yourself and possibly others with you.
- Stop by the Adventure Shop for more tips and considerations for safely recreating outside this winter season.

### During the winter hypothermia is a real risk. Follow these tips for hypothermia prevention:

1. Wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck.
2. Avoid activities that would cause you to sweat a lot.
3. Wear layers. Remember, cotton is not a good fabric to get wet.
4. Stay as dry as possible.
5. Hydration and nutrition- pack extra snacks and water.
6. Good rest management. Take rests in sheltered locations, eat a snack, but keep breaks short.

### Signs and symptoms of hypothermia:

1. The "Umbles": stumbles, mumbles, grumbles, fumbles
2. Shivering (mild)
3. Changes in personality, especially quiet
4. Body temperature that is lower than normal
5. No longer shivering, severe lack of coordination
6. Paradoxical undressing

If you see any of these signs and symptoms, get yourself, or the individual out of the cold and seek medical help.

Base Camp Cullowhee wishes you and your loved ones a peaceful, restorative holiday season!



## Stress-free Whee

The end of the semester is stressful and we created a few activities that will not only help you relieve some stress, but also help you learn to successfully prevent stress from piling up in the first place!

CRW and the IT Technology Commons partnered to create the Stress-free Whee BINGO. Pick up your BINGO card at the CRC front desk or IT Tech Commons, complete two BINGOs and turn it to be entered into a drawing for a \$200 gift card to Carole Lilly Massage and other prizes! Activities include things such as attending yoga classes, learning study skills at WaLC, attending the Study Break w/Catamounts for Recovery, exercising for 30 minutes, and many more.

Join us for the culminating event on Friday, December 9 from 11am-2pm in the UC Raleigh Room. You'll be able to turn in your BINGO cards and then take some time to enjoy some stress relieving activities such as coloring, decorating cookies, listening to holiday music, and more. Aramark is providing those delicious sugar cookies, along with some hot chocolate and coffee!



## Cross-Training Challenge is back for Spring 2017

On January 16 the Cross Training Challenge will return but with a little makeover from previous years. It still has something for everyone in the fitness and recreation component alongside a new component of wellness activities to complete! You still get to choose the activities you would like participate in, giving you more freedom than in past years to choose activities that interest you each day/week.

Registration forms will be available online and at the front desk of the CRC after the holidays. More details to come in January!

## Hours of Operation

### Exam Week

#### Campus Recreation Center

Monday, Dec 12 - Thursday, Dec 15: 6am-10pm

Friday, Dec 16: 6am-2pm

Saturday, Dec 17 & Sunday, Dec 18: Closed

### Reid Pool

Monday, Dec 12 - Thursday, Dec 15: 6am-8am, 9am-3:45pm, 5:15pm-9pm

Friday, Dec 16: 6am-8am, 9am-1pm

Saturday, Dec 17 & Sunday, Dec 18: Closed

### Holiday Break

#### Campus Recreation Center

Monday, Dec 19 - Thursday, Dec 22: 11am-7pm

Friday, Dec 23 - Monday, Jan 2: Closed

Tuesday, Jan 3 & Wednesday, Jan. 4: 11am-7pm

Thursday, Jan. 5 & Friday, Jan. 6: 11am-9pm

Saturday, Jan 7: Closed for Staff Training

Sunday, Jan 8: 1pm-9pm

Monday, Jan 9: Regular Spring 2017 Hours

### Reid Pool

Monday, Dec 19 - Monday, Jan 2: Closed

Tuesday, Jan 3 - Friday, Jan 6: 11am-1pm

Saturday, Jan 7: Closed for Staff Training

Sunday, Jan 8: 5pm-8pm

Monday, Jan 9: Regular Spring 2017 Hours

*For adverse weather updates, please call 227-8808. Hours subject to change. Please see our Hours of Operation online at <http://www.wcu.edu/experience/connect-and-join/campus-recreation/>*

## theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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

## 2017 Valley of the Lilies Half-Marathon & 5K

Registration is now open for the 2017 Valley of the Lilies Half Marathon & 5K to be held on Saturday, April 1st, 2017. Register today on [active.com](http://active.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.



## VALLEY OF THE LILIES 2017 HALF MARATHON & 5K

### A BIG Thank You!

We want to thank our graduating seniors and individuals moving on to internships for their service to Campus Recreation & Wellness.

Best of luck as you move on to a new life adventure!

Eric Bartl  
Cam Bennett  
Brandyn Brockway  
Jackson Fox



### EMPLOYEE OF THE MONTH



Aesha Goodwin has worked in the CRC as a Recreation Assistant for four months. Her favorite part about working here is her coworkers. Her advice to fellow employees is to keep being awesome and keep up the good work. Aesha's major is Film and Television Production. After graduation, she plans to build up her resume by finding jobs in any and all aspects of film or tv production, so that she will be well-equipped when she applies to the Assistant Director training program in New York. Aesha has green hair and she likes to have fun, but she is able to get serious when the work gets serious. She appreciates everyone she works with and the smiles they put on her face during each shift. Thank you, Aesha, for working so hard, and congratulations on being chosen Employee of the Month!

### MEMBER OF THE MONTH

Shea Browning is originally from West Virginia, the home of the real Mountaineers. He has worked in the Legal Counsel Office for six years. Shea enjoys working out in the morning and the afternoon, and he likes to play basketball. He has always exercised, but he's been a member of a recreation center since 2005. Shea enjoys reading and drawing in his free time. His favorite song is Tiny Bubbles and his favorite color is gold. CRW admires Shea's dedication and workout consistency! Congratulations on being chosen for 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.