



Have a Voice

Campus Recreation & Wellness hopes you have a voice this academic year. There are several opportunities on campus to have a voice. First, students, faculty, and staff can vote on their favorite QEP topic between September 2nd and September 12th. The QEP is WCU's Quality Enhancement Plan and is a component of the accreditation process for WCU. For more information, visit qep.wcu.edu.

Campus Recreation & Wellness also has an opportunity for your voice to be heard through the CRW Advisory Council. The Advisory Council meets 3-4 times per semester and reviews policies, procedures, as well as provides input for future department planning. CRW is looking for several more students to serve on our Advisory Council. If you or someone you know may be interested, please contact CRW Associate Director, Tyler Spencer at tcspencer@wcu.edu.

6th Annual Peaks 5K

The 6th annual Western Carolina PEAKS 5K is returning to Cullowhee and WCU on Friday, October 2, 2015 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 race starts and ends near WCU's Central Plaza. T-shirts are guaranteed to runners who pre-register by September 22nd.



What is Wellness?

Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.



INSIDE THIS ISSUE

[Have a Voice](#)

[6th Annual PEAKS 5K](#)

[Intramural Sports](#)

[Club Sports](#)

[Snacking Can Be Healthy](#)

[Xpress Bootcamp](#)

[Outdoor Programs: Adventure Shop & Upcoming Events](#)

[Hours of Operation](#)

[Employee of the Month](#)

[Member of the Month](#)

Intramural Sports

Hey, Sports Fans! We hope you're enjoying your first month back on the intramural fields. As you continue to embrace the new semester, don't forget to participate in the following intramural leagues and tournaments.

Dodgeball Minor League

Register by September 8th. Play is on Mondays and Tuesdays.

Keep an eye out for Volleyball and Outdoor Soccer coming to you in October! All registrations are available on www.imleagues.com/wcu



Humans V. Zombies

Think you can survive the zombie horde? Humans vs. Zombies will test your survival skills. The first game of the semester starts Friday, September 25th. HvZ games last for a week. Players must sign-up at hvzsource.com. A mandatory players meeting will be held Friday, September 25th at 5:30pm in BAC 130.



EVENT

Disc Golf Singles Tournament
*PEAKS Dodgeball Tournament
Innertube Water Polo Tournament
Punt, Pass, and Kick

LOCATION

Disc Golf Course
Reid Upstairs Gym
Reid Pool
Camp Fields

DATE

9/12
9/13
9/20
9/29 & 9/30

TIME

2pm
4pm
1pm
6pm & 8pm

REGISTER BY

9/10
show up w/ cat card
9/15
show up w/ cat card

*PEAKS events are for Freshmen only.

Club Sports

We have 19 active club sports this fall semester, so there is something for everyone. The Club Sport program would like to welcome Club Golf as our newest club sport team. Feel free to reach out to the club golf president, Kanaan Greene about joining the club. Come cheer on your fellow catamounts at some of our club sport home games this September!

September Home Game Schedule

Women's Soccer vs. UNC and Georgia Tech

Sunday, Sep. 6th at 11am, 1pm and 3pm – Athletic Practice Field

Women's Rugby vs. Guilford

Saturday, Sep. 19th at 1pm – Camp Fields

Men's Rugby vs. App State

Sunday, Sep. 27th at 1pm – Camp Fields

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



Snacking Can Be Healthy

“Don’t eat between meals. It will spoil your dinner!” Most everyone has a childhood memory of hearing this phrase repeated. However, we now know that snacking has a place in a healthy, nutrition focused diet.

Meal patterns of Americans are changing. With our busy lifestyles, we now consume over 25 billion dollars worth of snack foods every year¹. The concept of three “square meals a day” is not always possible with school, and work obligations. Snacking can be an effective way to control weight and blunt the appetite. We now know that it is not how often we eat during the day, but how much and what we eat that causes concerns with weight control. Snacking can help hunger stay at bay, and helps us not to overeat at meal times. The current trend shows that 3 moderate sized meals, and two healthy snacks, with calorie values adding up to your recommended amount to maintain a healthy weight, is a good way to meet your nutritional requirements. Eating every three to four hours will give you the energy needed to maintain your activities throughout the day.

So, what are acceptable healthy choices for snacking? Instead of choosing processed, sugar-laden snacks, try fruit and raw vegetables served with peanut butter or cheese, air popped popcorn and muffins prepared with less sugar and fat. These make great choices when served in responsible portions.

Another positive is that enjoying a little something during the day can help with weight control. Dry roasted nuts in small portions, hummus with vegetables, and smoothies made from fruits either fresh or frozen make a tasty and economical



treat. Snacks low in refined sugar like plain yogurt, whole wheat crackers and cheese and homemade granola are excellent choices.

What is the negative side of snacking? Often Americans reach for snacks high in sodium. Chips, pretzels, salted nuts, cheese curls and processed foods, can have extraordinarily high amounts of sodium. Hypertension is a serious health problem related to sodium. Over 70 million Americans suffer from some level of high blood pressure². This threat to health could be better controlled by limiting the amount of sodium in the diet to the American Heart Association’s recommended amount of 1500 mg per day.

Eating a wide variety of foods, in recommended portions with lower amounts of sodium, fat and sugar, will make for a healthy and varied diet. Healthy snacking between meals, or eating 6 smaller meals per day can be the meal plan for a healthy and productive lifestyle.

By Sue Ellen Wimbish, WCU Dietetic Intern. If you have nutrition-related questions e-mail nutrition@wcu.edu

1. Cooper RD, Nancy; *The Joy of Snacks*, 1991 International Diabetes Center, Minneapolis, MN
2. Website: www.cdc.gov/bloodpressure/faqs.htm.

Xpress Bootcamp

Are you looking for a high energy, heart pumping class to help you stay motivated in your fitness routine? This four-week specialty Group X class may be just what you’re looking for! This high-intensity workout will help individuals at all levels to reach their fitness goals. The class will meet twice a week on Tuesdays and Fridays from 12:15-12:45pm. Classes begin on Tuesday, September 15th and end on Friday, October 9th. Registration begins on Tuesday, September 1st in the CRC and the cost is \$10 in addition to your \$10 Group

Xercise pass (cash or check only). Only 20 committed participants will be allowed to register for the class.



Adventure Shop Grand Opening

The Base Camp Adventure Shop is now open and fully operational. Located in the old equipment cage in the main hallway of the Campus Recreation Center, the Adventure Shop is open 11am-5pm, Monday-Friday. The shop serves three main functions: information, trip registration and outdoor equipment rental. Need more info about any of the upcoming Base Camp trips or programs? Looking for recommendations of where to go when planning your own adventures? Want to sign up in person for any of the Base Camp Trips? Need to rent outdoor equipment like tents, sleeping bags, or canoes? Stop by the Adventure Shop and our expert staff will take care of your needs.



Upcoming Events

Trip details and online registration by credit or debit card are at basecamp.wcu.edu. You may pay by cash or check at the Base Camp Adventure Shop inside the Campus Recreation Center; hours are 11am - 5pm Monday through Friday.

Thursdays in September – Kayak Roll Clinic.
7-9pm at the Reid Pool – Free

9/2, 9/16, 9/30 Wednesday Afternoon Kayak Trip, 3-8pm - \$15

9/5-9/7 Backpacking 101, \$50

9/12 Cullowhee Canoe Slalom, \$5

9/13 Nantahala Whitewater Raft Trip, \$25

9/26-9/27 Skydiving and Camping, \$215

Hours of Operation

Labor Day Hours

Monday, September 7:
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. However, we also recognize that everyone has different interests. The CRC will remain open regular hours this year on football game days, except on Family Weekend and Homecoming. Family Weekend and Homecoming Game Day Hours are as follows.

Saturday, October 3: 9am-1pm
Saturday, October 24: 9am-1pm

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



Campus Recreation
and Wellness

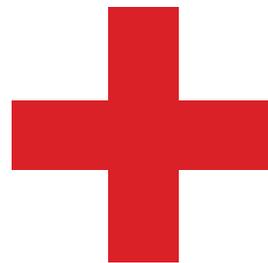
Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

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

Health & Safety Certification Class

Become American Red Cross certified in Adult CPR/AED and help save a life. This course requires passing a practical exam to receive certification. Register for the course by Friday, September 18th. in the CRC. We accept cash or check.

Adult CPR/AED
Wednesday, Sep. 23
5:00pm-7:00pm
CRC Meeting Room



EMPLOYEE OF THE MONTH



Annie Jordan has worked for Campus Recreation & Wellness for a year as a Recreation Assistant. She loves the bonds she has made with so many people. This job has given her the opportunity to build friendships with people that she may not have met outside of the CRC. Her advice to fellow employees is to take advantage of having such a great job. Reach out to patrons and coworkers and encourage them to be the best they can be, and always come to work with a positive attitude. Annie is a junior and is a Nutrition and Dietetics major. After graduation, she would like to obtain her masters degree and focus on nutrition for oncology patients. She is from Hendersonville, NC and has lived in the mountains her entire life. Annie is a huge dog lover and she enjoys volleyball and horseback riding. Thanks for all of your hard work, Annie, and congratulations!

MEMBER OF THE MONTH

Destin Hubbard is originally from Cleveland, Alabama. She is a Dietetics and Nutrition major who plans to get her Masters in Nutrition and become a registered dietitian. Destin's favorite workout is lifting weights. She likes to come into the CRC in the afternoon when she has the most energy and it is not crowded. Destin has been exercising for almost five years. She used to be a tiny 94-pound girl; she picked up a weight one day and fell in love with fitness and how it transformed her body. Her fitness journey has not been easy, but it has made her a stronger person mentally and physically. Destin is the female winner of the 2015 Intramural Weight Lifting competition. Congratulations Destin! We admire your workout consistency and dedication!



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.