



Summer 2016 First Ascent trip participants.

September is Fruits & Veggies - More Matters Month

Did you know that fewer than 1 in 4 adults eat the daily recommended amount of fruits, or that fewer than 1 in 7 adults eat the daily recommended amount of vegetables (U.S. Department of Health and Human Services)? Yet, eating a healthy diet that includes a healthy amount of fruits and vegetables can lower your risk of high blood pressure, type 2 diabetes, heart disease, obesity and even some types of cancer. During the month of September, try to incorporate more fruits and veggies into your diet through these strategies.

- Keep fruit handy where you are more likely to see it when you are hungry
- Try a new fruit or vegetable every week
- Try a new recipe each week that incorporates in at least 2 fruits or vegetables
- Make a smoothie made of primarily fruits and vegetables to kickstart your day
- Cut up fruits and veggies ahead of time so you have ready-to-go snacks

Remember that fruits and vegetables can help curb cravings and satisfy your sweet tooth. They also provide you with healthy carbohydrates



that are filled with valuable nutrients. For more information on this September observance, check out www.fruitsandveggiesmorematters.org!



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Intramurals

Hey, Sports Fans! The first month of Intramural action is upon us! As you continue to embrace the new semester, don't forget to participate in the following intramural leagues and tournaments.

New Drop-in Spikeball

Wednesday 9.21 @ 6pm-8pm on CRW Lawn

Come test out this new trending sport in "drop-in" fashion. Anyone with a Cat Card is welcome to show up and play for any amount of time. Various giveaways will be handed out, but Tshirts and awards are not provided to any winners.

Flag Football League

Team Registration Deadline: 9.7

Divisions include Men's Competitive, Men's Recreational, CoRec, and Women's

Play Starts: 9.12



EVENT	LOCATION	DATE/TIME	REGISTER BY
*PEAKS Sand Volleyball Tournament	Village Sand Court	9/9, 6pm	show up w/ cat card
Disc Golf Doubles	Catamount Links Course	9/14, 6pm	show up w/ cat card
Golf Doubles	Smoky Mountain Country Club	9/17, 10am	9/14
Battleship Tournament	Reid Pool	9/24, 2pm	9/21

*PEAKS events are for Freshmen only. All registrations are available on Imleagues.com/wcu or the RecIT app, the official app of Imleagues.



Fall 2015 Flag Football Intramurals.

Club Sports

We have 16 active club sports this fall semester, so there is something for everyone. The Club Sport program would like to welcome Club Cheer as our newest club sport team. Feel free to reach out to the club cheer president, Jordyn Franklin (jefranklin3@catamount.wcu.edu) about joining the club. Come cheer on your fellow catamounts at some of our club sport home games this September!

Men's Club Soccer
Saturday, Sept. 17th at 2pm - Women's Soccer Practice Field

To find out more about our club sport teams, please visit our club sport webpage at reccenter.wcu.edu or visit a club's imleagues.com page.

Mini-fridge Upgrade

In the fast paced college life, it can be challenging to focus on nutrition. Having nutritious foods available when you are hungry is key to making good choices.

Start with upgrading your mini fridge to improve the availability of health friendly foods. Simply replace regular cheeses with low fat options. Cheese sticks are a great snack that will provide a serving of dairy for the day. Fat free (skim) milk can also be kept for breakfast cereals. Low fat yogurts are another portable dairy option. Try adding some fresh fruits and nuts for flavor variety.

Fresh fruits and vegetables make great snacks and can easily be kept in your mini fridge. Choose prewashed and precut varieties for a quick grab and go snack or meal. Remember to keep a variety of colors. Hummus is great for dipping raw carrots or red pepper slices. Keeping fresh salsa is another way you can sneak in a serving of vegetables. Eat it with a handful of whole grain tortilla chips or other raw vegetables for a healthy snack.

Another step to healthful living on campus is staying hydrated. Always keep water in your mini-fridge. Chilled water is more appealing and you will be more likely to drink it. It may also be beneficial to purchase a water-filtering pitcher. This makes your water taste clean and fresh and is also better for the environment.

Eggs are a great source of protein and can be prepared in your dorm room. Simply scramble an egg in a microwave safe bowl or mug and microwave. Veggies and salsa can also be incorporated to add flavor.

Always remember to pay attention to nutrition labels when purchasing food and beverages in the store. This is where you will find information on calories, fat, protein, and total sugar. You can use these values to compare products and make the healthier choice.

Provided by Codie A. Parris, WCU Dietetic Intern



Reference: www.choosemyplate.gov

Personal Training

Are you motivated to work out but don't know where to get started? Are you tired of the same workout? 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!

CRW Advisory Board

We are looking for new members on our Campus Recreation & Wellness Advisory Board for this academic year. The Advisory Board has input about the Campus Recreation Center and all of our CRW programs and services. The Board meets twice a semester, and we need students, faculty/staff, and retired faculty/staff to share fresh opinions and insight for our programming. If you are interested in being involved and have some great ideas, we would love to hear from you! Email Mandy Dockendorf at aldockendorf@wcu.edu.

Catamount Fit

Introducing for Fall 2016, CRW is offering a NEW fitness program that will be led by Certified Personal Trainers. This intense training program will focus on creative workouts for body strength, core, and cardio.

Classes will be held Monday – Thursday beginning on September 12 and ending on October 14. As a participant, you can choose to attend class 1, 2, 3, or 4 times each week.

Time: 5:30-6:30pm

Location: CRC Gym, Court 2

Cost: \$15 for the first day you choose and then \$10 for each additional day, if you choose to register for all 4 days you get it at a discounted rate of \$40 for the entire 5 weeks.

For more information or additional questions, email Mandy Dockendorf at aldockendorf@wcu.edu.



Mind-Body Experiment

Wednesday, September 21
7-8pm, Studio 2
Self Defense

In this program, trained R.A.D. instructors will discuss safety tips and strategies for preventing sexual assault. You will also have the opportunity to practice physical defense techniques that could be used to escape a violent encounter.

Group X Classes

The Group X classes for Fall 2016 are officially underway! The fall schedule offers 33 classes each week. A few examples are: Cycle Challenge, Aqua Combo, Xpress Kickboxing, Butts and Guts, Yoga, Zumba, HIIT, and Ab Attack. Check out the full schedule and class offerings at reccenter.wcu.edu. Remember to get your group x pass early to avoid arriving late to class. Group X classes are \$10.00 (cash or check only) for the entire semester and include ALL classes on the schedule. Participants can register anytime the CRC is open.

Outdoor Programs

Upcoming Trips, Clinics and Events

Roll Clinics will start on 9/1 at 7pm in Reid Pool.

These clinics are free and no experience is needed.

Labor Day Backpacking 101: 9/3-9/5

\$50.00 for students, \$75.00 for Faculty/Staff/SGuests

PRM-Old Cullowhee Slalom-9/10

Base Camp Cullowhee will be handling registration for this event. The day of, it will be run by the Parks and Recreation Department. The event is \$5.00 per person, per event.

Lead Climbing 101 Workshop-9/10 (9am-1pm)

\$5.00. Must obtain top-rope belay certification before clinic.

PEAKS Rafting on the Nantahala-9/10 (1pm-7pm)

For Freshmen only. Registration is being handled through Brian Boyer.

Nantahala Whitewater Rafting-9/11 (1pm-7pm)

\$25.00 for students, \$30 for Faculty/Staff/Guests

Whitewater Kayaking 101-9/14 (3pm-8pm)

\$15.00 Introduction to Whitewater Kayaking.

Full Moon Night Hike-9/16 (7pm-11pm)

\$10.00 for students, \$15.00 for Faculty/Staff/Guests

WCU Trail Service Day-9/18 (9am-12pm)

Free!

Rock Climbing: Gym to Crag-9/24 (8am-5pm)

\$30.00 for students, \$35.00 for Faculty/Staff/Guests

Stand-Up Paddle Boarding 101: 9/28 (3pm-8pm)

\$15.00 Introduction to Stand-Up Paddleboarding.

Kids Climb-9/30 (5pm-7pm)

\$5.00 per child.

Outdoor Guide Development Program:

Foundations: History and Philosophy of Outdoor Education and Outdoor Programs 9/20 (8pm-9:30pm)

\$5.00 Presentation/Seminar done by Base Camp Cullowhee Staff. For more information, please come by the Base Camp Adventure Shop.

Foundations: Risk in the Wilderness 9/28 (8pm-9:30pm)

\$5.00 Seminar/presentation done by Base Camp Cullowhee staff on Risk in the Wilderness. For more information, please come by the Base Camp Adventure Shop.

For more information, or if you have any questions, please stop by the Base Camp Adventure Shop! Mondays and Fridays-10am-6pm, Tuesday-Thursday-12pm-5pm.

Welcome, Kay Tufts!

Kay is our new Assistant Director for Outdoor Programs. She holds her Bachelor's degree in Recreation, Parks, and Tourism from Radford University and her Master's degree in Outdoor Recreation and Education from Ohio University. As a graduate student, she led courses in whitewater kayaking, caving, wilderness living skills, and sea kayaking. For the past four summers, Kay has been a river guide on the Chattooga River in Long Creek, SC. During the last two winter seasons, she spent time skiing in Telluride, CO and working in the Guest Services department at the resort. This summer Kay spent seven weeks in Alaska working as an instructor for an adventure camp with Adventure Treks. Kay went backpacking, sea kayaking, and ice climbing within a two hour radius of Anchorage, Alaska.

One of Kay's greatest passions is whitewater. While she prefers to spend most of her time in a kayak, Kay is attempting to expand her horizons and has been trying her hand at mountain biking. Her other interests include, knitting, reading, listening to podcasts, cooking, and being outside, whatever the capacity may be.

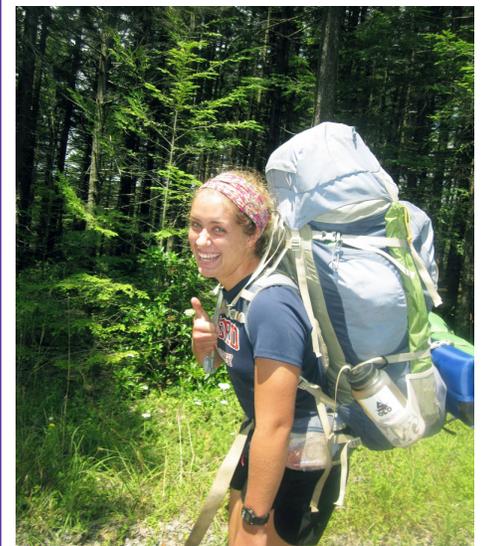
Kay grew up in Virginia Beach, VA. She is the middle child of three, with an older brother and a younger sister. Currently, Kay lives with her boyfriend and a friend in a house with a really awesome porch.

Help us welcome Kay to Campus Recreation & Wellness, and come by to meet her in the CRC!



Fall Break Trips

At this point during the semester most students are starting to think about their Fall Break Plans. Well, look no further! This year Base Camp will be providing two different trips during Fall Break. One will be a Rock Climbing Trip to the Red River Gorge in Kentucky. The other trip will be a Backpacking trip on the Art Loeb Trail in North Carolina. Both trips will run from 10/16 to 10/21 and they range from \$150.00 to \$200.00. The deadline to sign-up is 10/7. Please stop by the Base Camp Adventure Shop if you would like more information.



Hours of Operation

Labor Day Hours

Monday, September 5th

Campus Recreation Center: 11:00am-7:00pm

Reid Pool :11:00am-6:00pm

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 on football game days, except on Family Weekend and Homecoming. Family Weekend and Homecoming Game Day Hours are as follows.

Saturday, October 1st: 9:00am-1:00pm

Saturday, October 29th: 9:00am-1:00pm

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/hours-of-operation.aspx>

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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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

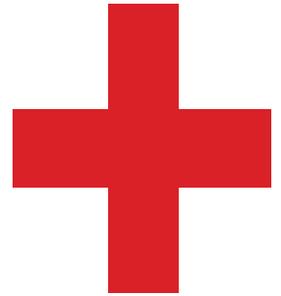
This course is split between online content and classroom material. You must complete the online section before the class date. Sign up with cash or check only at the Campus Recreation Center. If you have any questions regarding this course, contact Brandon MacCallum at bmmacallum@wcu.edu.

Adult CPR/AED & Standard First Aid

Monday, 9/19/16

5-6:30pm

CRC Meeting Room

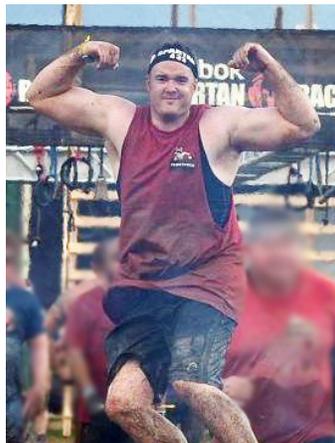


EMPLOYEE OF THE MONTH

Brooks Churn has worked in the CRC since May as a Recreation Assistant. Her favorite part of working here is the people. From staff to patrons, they all make her position enjoyable because they are so nice. Brooks' advice to fellow student employees is that a good attitude is everything and it makes your day better. Brooks is a Natural Resource Management and Conservation major. She plans to help wolves by supporting their environment. She describes herself as a positive, artsy person who loves the outdoors. Something that people may not know about Brooks is that she recently earned her first-degree black belt in Taekwondo. Thanks for all of your hard work, Brooks! Campus Recreation and Wellness admires your attitude.



MEMBER OF THE MONTH



Bruce Barker is originally from West Monroe, LA. He attended WCU and now works for the Campus Police Department as the Clery Coordinator. Bruce's favorite workout is the free weights area, which he enjoys, except for leg day. He works out at 6am on the weekdays, and he has been working out for about two years. He enjoys spending time with his beautiful wife and his two sons, who happen to be the luckiest little boys in the world because he is their dad! Congratulations, Bruce, on being chosen Member of the Month. Campus Recreation & Wellness admires your dedication and consistency.

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.