



12 Days of Holiday Wellness

Challenge yourself to twelve days of wellness this holiday season. Hopefully some of these will take you out of your comfort zone and make you rethink your daily wellness approach.

Day 1. Call someone you have not communicated with recently.

Day 2. Do 2 sets of full body strength training moves. Check out our machine circuit to fulfill this challenge.

Day 3. Do 30 minutes of moderately intense consecutive exercise.

Day 4. Recycle 4 different items.

Day 5. Eat 5 or more fruits and vegetables.

Day 6. Drink 64 ounces of water.

Day 7. Choose 7 stretches or yoga poses and hold each one for 30 seconds.

Day 8. Get 8 hours of sleep tonight.

Day 9. Tell 9 people why you are thankful for them.

Day 10. Take 10,000 steps.

Day 11. Remove sweets from your diet.

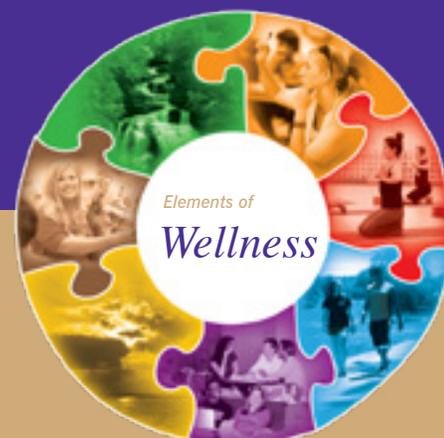
Day 12. Set a 12 day individual goal.

As you get through the holiday season, don't forget to put yourself first. After all, you can't care for others if you don't care for yourself. CRW staff is here to help so please let us know your needs!



Holiday Gifts

Looking for the perfect holiday gift? Give the gift of health this season with a CRW gift certificate, Valley of the Lilies registration, or Valley of the Lilies sweatshirt. Contact bdenmon@wcu.edu or sage@wcu.edu for more information.



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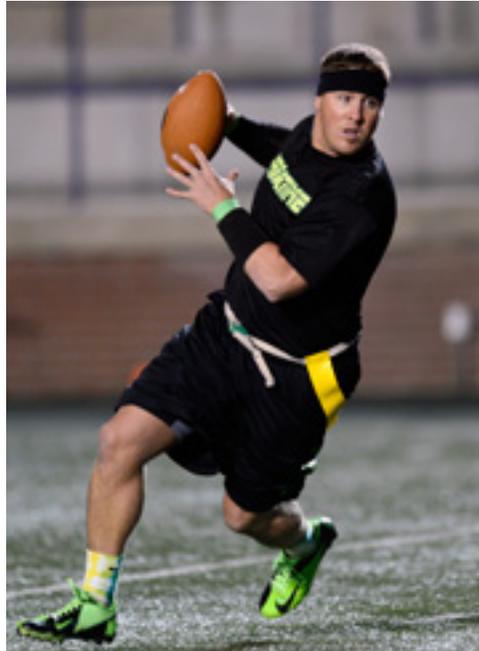
Thank you to everyone who participated in Fall 2014 Intramurals! We had some great competition and are looking forward to another exciting semester this Spring. Be sure to check out imleagues.com/wcu for upcoming leagues and tournaments in the new year.



Come out and cheer on your favorite Intramural teams during championship night in our final contests of the semester!

Intramural Indoor Soccer Championship night is Wednesday, December 3rd, 8-11pm in the upstairs of Reid Gym.

Intramural Volleyball Championship night is Thursday, December 4th, 7-10pm, in the Campus Recreation Center.



Cross Training Challenge is Back for Spring 2015

Beginning January 12th, the Cross Training Challenge is back and it has something for everyone! You get to choose the activities you would like to participate in, some of which include walking/running, hiking, intramural sports, climbing, swimming, and so much more! 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

Mon, Dec 8 – Thu, Dec 11: 6am-10pm

Fri, Dec 12: 6am-2pm

Sat, Dec 13 & Sun, Dec 14: Closed

Reid Pool

Mon, Dec 8 - Thu, Dec 11: 6am-8am, 9am-3:45pm, 5:15pm-9pm

Fri, Dec 12: 6am-8am, 9am-1pm

Sat, Dec 13 & Sun, Dec 14: Closed

Holiday Break

Campus Recreation Center

Mon, Dec 15 – Thu, Dec 18: 11am-7pm

Fri, Dec 19: 11am-2pm

Sat, Dec 20 – Sun, Jan 4: Closed

Mon, Jan 5 – Fri, Jan 9: 11am-7pm

Sat, Jan 10: Closed for Staff Training

Sun, Jan 11: 1pm-9pm

Mon, Jan 12: Regular Spring 2015 Hours

Reid Pool

Mon, Dec 15 – Sun, Jan 4: Closed

Mon, Jan 5 – Fri, Jan 9: 11am-1pm

Sat, Jan 10: Closed for Staff Training

Sun, Jan 11: 5pm-8pm

Mon, Jan 12: Regular Spring 2015 Hours

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 15th or Wednesday, December 17th. Therefore, you have two options. You can take your belongings out of your locker during that time OR if you have belongings in your locker at that time, we will simply take the belongings out, clean your locker, and place your belongings back in the locker.

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 12th. This will allow you to keep your locker key. Remember, we will still clean your locker on December 15th or 17th. The second option is to return your locker key to the main office by Friday, December 12th. 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.

Personal Training

Beat the New Year's Rush! Do you have big fitness goals for 2015? 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! If you purchase your personal training sessions now, you can begin using them immediately or wait till January to begin. The bonus of purchasing your sessions now? If you purchase 10 training sessions you'll get 2 additional free sessions, purchase 5 sessions get 1 additional session free! Offer will be good from Monday, December 1st - Friday, December 19th. Let our nationally certified personal trainers help you achieve your goals!

New Equipment

Please come by and check out our new equipment. We have Evolution basketballs, Select soccer balls, Wilson footballs, and brand new indoor and outdoor volleyballs! We are working to meet the needs of our patrons. If you feel we need to replace some equipment or if you think we need something more, please let our equipment cage know.



Tips to Survive Holiday Meals

While holiday meals do not happen all year round, if you attend many holiday gatherings during the holiday months, these binges can lead to weight gain. It may add up year after year if you don't have a plan for losing the weight after the holiday season ends.

Don't skip meals

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day.

Moderation

It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Eating your meal in moderation leaves room for dessert.

Use a smaller plate

Using a smaller plate allows you to put less food on your plate and encourages proper portion sizes.

Start with veggies

Start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.

Savor the flavor

Eat slowly and really enjoy every bite. Before you go back for seconds, wait 10 minutes to see if you really are still hungry. You can always set aside leftovers to enjoy tomorrow!



Be physically active

After dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or you can play catch or a game of basketball or football.

By Katie Tallman, WCU Dietetic Intern. If you have a nutrition-related question, sign up for nutrition services at the CRC or e-mail nutrition@wcu.edu

Group Exercise

Thank you to all the participants who have made this semester a smashing success! As a quick reminder, the last day for GX classes for the Fall semester is Friday, December 5th. We will kick off the spring semester with the Group X Jam on Thursday, January 15th from 5:30pm-7:00pm! Come try out the variety of classes the Group X program has in store for Spring 2015 with opportunities to win prizes and get some free giveaways! If you want to get a jump start on the Spring Semester you can purchase your Group X Spring 2015 pass starting Monday, December 1st, in the CRC Main Office. The spring semester schedule will begin on Tuesday, January 20th.

X30

If you're ready to challenge yourself to a whole new level X30 might be for you. This six-week special Group X program is based off the "Focus T25," which focuses on an intense 25-minute workout using mainly body-weight exercises. There will be two choices of classes: 12:15-12:45 PM or 4:45-5:15 PM, meeting 4 days per week. Only 20 committed participants will be allowed to register for each class. Registration begins Monday, December 1st in the Campus Recreation Center and the cost is \$30.00 (cash or check only), which also includes the following:

- Spring group x pass
- Weekly educational clinics/forums
- Weekly recipes

Each class will also have their own closed Facebook group that will provide wellness tips (nutrition, fitness, stress management, etc.), a forum to ask questions, and weekly check-ins to provide assistance with your challenges throughout the six-week program. The program begins on Tuesday, January 20th and ends on Friday, February 27th.

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 can join us for these FREE classes! All classes are held from 12:10-12:50pm.

Monday, December 15	PiYo Strength	Mandy	Monday, January 5	Xpress Cycle + Abs	Mandy
Tuesday, December 16	Step	Shauna	Wednesday, January 7	Yoga	Kellie
Wednesday, December 17	Yoga	Kellie	Friday, January 9	Power Pump	Mandy

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!

Kathryn Beaver

Matt Byrum

Brett Dalton

Elizabeth Kilmer

Ryan Mullins

Allison Seagle

Nick Wilcox

Alan Youngberg

theLift

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



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

Flake Out Now!

Keep Calm

Relieve Some Stress Before Finals

Wednesday, December 3rd
11:30am-1:30pm
UC Multipurpose Room

If you are feeling the pressure of the end of the semester, take some time to de-stress with holiday music, massages, crafts, cookie decorating & laughter.



EMPLOYEE OF THE MONTH

Marcus Shoffner has worked for CRW for almost a year as an Intramural Official and a Recreation Assistant. His favorite part of the job is the chance to interact with the student body in a relaxing, fun environment. His advice to fellow employees is to be consistent and approachable. Patrons love employees they can talk to and supervisors love workers who can get the job done. There is a median to being productive and also being a people person. Marcus is an Entrepreneurship major who plans on starting a business upon graduation. He is a goal-driven individual and he loves to positively impact the lives of others. A unique fact about Marcus is that he taught himself to write left-handed as a child, to be different from his family members. Thank you, Marcus, for all your hard work and positive energy!



MEMBER OF THE MONTH



Shawna Young was born in Maine, grew up in Vermont, went to school on Long Island, and has a Masters from New York University. She spent her early adult life in New York City. She has worked in the Office of the Vice Chancellor for Student Affairs since 2008. In 2010 Shawna won a free semester membership and she became hooked! Shawna works out during her lunch hour and recently joined Group X classes for the first time. She enjoys PiYo Strength and Boot Camp, and she began running this fall. Her son Lucas joined her for their first 5K in September, which turned out to be a trail run. When Shawna was younger, she believed that exercise and fitness was all or nothing. Now she takes a more holistic, inclusive approach to wellness, and she understands that it is about doing something for yourself every day. CRW appreciates her dedication and workout consistency. Congratulations, Shawna!



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.