



CRW wants your feedback!

As the end of the semester approaches, please look for upcoming opportunities to provide CRW with feedback on programs, facilities, and hours of operation.

Your feedback is greatly appreciated as we look to improve our services!



Tips for a Healthy Thanksgiving

The holidays are right around the corner and for most people that means food, gatherings, and indulgences. Here are several tips for a healthy Thanksgiving.

1. Get a Workout in on Thanksgiving Morning: Try a turkey trot near your hometown or plan a fun, family “playtime”. Regardless of the workout, you are sure to feel better about what the day brings and be more aware of your body.

2. Eat Breakfast: Fuel your body first thing in the morning to keep hunger pains at bay during the day. This will help keep your metabolism charged and help prevent you from overeating when the large Thanksgiving meal is ready.

3. Avoid Mindless Munching: “Picking” throughout the day can really add a lot of calories to your daily intake. Be cognizant of munching while your mind is really on an alternate activity, such as watching football, cooking, or playing a board game.

4. Remember the Purpose of Thanksgiving: Be sure to remember that Thanksgiving came about as a celebration of a plentiful harvest. It is a

time to give thanks. Rather than using food as your focus, make thanks your focus.

5. Cook Healthy Thanksgiving Recipes: There are several healthy alternatives out there that can act as substitutes for traditional favorites. Go online and see what healthy alternatives you can find to lessen calorie intake without compromising favorite dishes.

6. Everything in Moderation: Even though it is Thanksgiving, try to still design your plate around the myplate.gov recommendations. It is okay to indulge some, but keep the majority of your larger meal focused on whole grains, healthy proteins, fruits and vegetables.

7. Savor Your Food: Eating slowly and savoring the flavors will allow your body time to tell you when you are full. This is also one way to be sure you are satisfied when the main meal is over.

Check out the CRC and Reid Pool Hours of Operation over the Thanksgiving Holiday and be sure to join us after the break. It will definitely be time to reestablish your routine and to de-stress as the end of the semester fast approaches.

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Intramural Sports

Check out these final few intramural events and tournaments of the semester. Don't miss your chance to get your hands on a champion T-shirt!

3 v. 3 Basketball Tournament

Start practicing for the Spring Basketball League by playing in our Intramural 3 v. 3 Basketball Tournament taking place on Friday, Nov. 6th and Saturday, Nov. 7th in the CRC. Register on IMleagues by Tuesday, Nov. 3rd. We are offering Men's and Women's divisions.

Indoor Climbing Challenge

Come showcase your climbing wall skills at the Indoor Climbing Challenge on Monday, Nov. 16th and Tuesday, Nov. 17th from 7-9pm. We are offering both beginner and advanced divisions for men and women. Routes are pre-set and climbers attempt routes based on difficulty and skill. Pre-registration at the climbing wall is highly recommended or show up with your Cat Card on the night of the event. Rules and notes can be found on the climbing challenge homepage on IMleagues.

Humans v. Zombies 2

Here is your second chance this semester to compete in Humans v. Zombies! This is a week-long, campus-wide event starting Friday, Nov. 6th. All participants must register at hvzsource.com and attend the players meeting on Friday, Nov. 6th at 5:30pm in BAC 130.

Sign up for all Intramural Sports through imleagues.com/wcu!

Club Sports

As we near the end of our Club Sport fall semester, please come cheer on and support your fellow Catamounts.

Home Game Schedule:

Women's Rugby vs. UNCG

Saturday, November 14th
1pm
Camp Lab Intramural Fields

Women's Volleyball Tournament

Saturday, November 14th
9am-5pm
Campus Recreation Center
**CRC courts are closed for open play*

Men's Rugby Club vs. Wingate

Saturday, November 21st
1pm
Camp Lab Intramural Fields

To find out more about our club sport teams, visit our club sport webpage at reccenter.wcu.edu, or visit their orgsync or imleagues page.



Canned Food Drive

NC First in Flight Fight Against Hunger NC Club Sport Canned Food Competition November 1st – December 1st

Our Club Sports program is competing against other NC Club Sport programs to see who can donate the most canned food. This competition is a way to promote cooperation and teamwork in an effort to make a difference in our local communities and help ensure no one goes hungry. Help us show WCU's charitable side!

Donation Guidelines: Please donate only non-perishable food items such as canned food like soup, fruit, and vegetables. We cannot accept homemade items, glass, pet food, or expired food items.

Look out for various donation sites across campus, especially at the Campus Recreation Center.



2016 Valley of the Lilies Half-Marathon & 5K

Date: Saturday, April 2nd, 2016

Times: 8:00am Half Marathon, 8:15am 5K

Visit halfmarathon.wcu.edu for more information or, to register, go to imathlete.com and search "Valley of the Lilies"

Presented by:

THE ASCENT PARTNERSHIP



Picking Plant Protein

Plant protein consumption is associated with lower rates of diabetes, cardiovascular disease, and other chronic health issues. Plant sources of protein include tree nuts, seeds, peanuts, legumes, and soy. Diets high in plant protein are low in saturated fat and high in dietary fiber, iron, zinc, potassium, magnesium, calcium, copper, vitamin E, manganese, and thiamin. Consider swapping a 3 oz. steak for a 3 oz. portion of nuts, seeds, peanuts, legumes, or soy products. Plant proteins also tend to be less expensive than meat products.



Tree Nuts & Seeds: Almonds, Brazil nuts, cashews, chestnuts, filberts (hazelnuts), macadamia nuts, pecans, pistachios, pine nuts, and walnuts are all considered tree nuts. They are high in fiber, potassium, magnesium, calcium, and iron. Although higher in fat, most tree nuts consist of monounsaturated and polyunsaturated fats, which have shown to benefit cardiovascular and neurological health. Seeds (pumpkin, sunflower, chia, flaxseeds, sesame, and poppy) are good sources of calcium, iron, and magnesium.

Peanuts: A serving size of peanuts is 1 ounce (or about 39 pieces). Peanuts and peanut butter are good sources of iron, vitamin E, thiamin, niacin, magnesium, copper, and manganese.

Legumes: Beans, peas, and lentils are all considered legumes. The best part about legumes is they can also be counted as vegetables, because they have high amounts of dietary fiber and nutrients, including folate and potassium. Green peas, green lima beans, and green (string) beans are not considered part of the beans or peas subgroup; they are considered starchy vegetables.

Soy: Soy products are made from soy beans. Tofu, tempeh, and soymilk are all examples of common soy products. Soy products are high in protein, B-vitamins, and zinc.

What is a “Complete Protein”? Your body needs nine essential amino acids to help build muscles and tissues. Meat and soy products are considered “complete proteins” because they contain sufficient amounts of all the essential amino acids. Plant proteins are classified as “incomplete proteins” because they do not have adequate amounts of essential amino acids.

Use the following table for guidance in making complete plant protein choices:

Food	Lacking Amino Acid	Create a Complete Protein By Combining with...	Examples of Good Combinations
Legumes	Methionine Tryptophan	Grains, nuts, & seeds	Hummus + whole wheat bread
Nuts & seeds	Lysine	Legumes	Vegetarian chili with kidney beans & cashews
Whole grains (wheat, rice, oats, corn)	Lysine	Legumes	Red beans & rice; lentil soup & cornbread

by Callie Kettner, ND 683. If you have a nutrition-related question, email nutrition@wcu.edu.

Mind-Body Experiment

Yoga & Gratefulness

Wed, Nov. 18, 7:30-8:30pm, Studio 1

It has been said that “gratitude unlocks the fullness of life” and “turns what we have into enough and more.” Through movement, breathing, and meditation, guest instructor Chad Hallyburton will help participants explore the gap between what we have and what we want, and attempt to find their own resources for having enough.



Plain Jane

On Sunday, November 15th, Plain Jane Fitness has two workshops at the WCU Campus Recreation Center: Tabata Training from 9am-Noon and TRX H.I.I.T. from 1-4pm. The cost of these workshops is \$50/each or \$90 for both. Registration forms are available on the CRW website or at the CRC.

The Tabata Training workshop will give you dozens of ideas for a variety of Tabata exercises that will increase aerobic capacity, anaerobic power, muscle tone and endurance, core strength, and mental toughness. Learn a variety of Tabatas to use for sport specific programs as well as strategies for using Tabatas with beginners.

The TRX HIIT class format is for those clients and classes who are ready to take their TRX training to the next level. Experience dozens of TRX options that combine high energy cardiovascular exercise, muscle building strength training, plyometric power, and core conditioning like never before.



AAAI/ISMA Certification

CRW is hosting an AAAI-ISMA Primary Aerobic Instructor Certification on Saturday, November 14th from 9am-5:30pm. Participants learn basic teaching skills for all group fitness formats: counting music, choreography movement, becoming a motivator, anatomy, physiology, and exercise safety. It is appropriate for new group fitness instructors. The cost is \$99 if you pre-register by October 30th. Registration forms are available on the CRW website or at the CRC.

Outdoor Programs

Upcoming Trips

11/7 Bouldering Trip to Rumbling Bald
8:30am-5pm
Signup deadline is 11/5
Student price: \$15

Some of the best bouldering in the area is at Rumbling Bald in Chimney Rock State Park just outside of Asheville. The area is extensive with a wide variety of problems for different abilities on good, quality rock. This guided trip will help you find the best problems to match your goals. Come with us to learn the area and spend less time trying to figure out where the best problems are located. We'll also help you refine technique to push your abilities farther, learn how to lessen environmental impact as a climber, and how to assess and mitigate risk.

11/14 Lead Climbing Clinic
1-4pm at the Climbing Wall
Signup deadline is 11/12
Student price: \$5

Take your climbing skills to the next level and learn how to lead routes from the ground up at the WCU Climbing Wall. We'll cover the basics of lead climbing and belaying a lead climber. You'll get to practice some "moc" leads as well as try out a lead fall or two. This class is for participants who are currently belay-certified at the BCC climbing wall. Topics include:

1. Preparing for a lead climb
2. Belay/communication system
3. Clipping quickdraws efficiently
4. Common malfunctions / mistakes and how to avoid them
5. How to fall gracefully and in control
6. Lowering using traditional anchors

11/14-11/15 Caving and Camping
Mandatory Pre-Trip Meeting: Wednesday 11/11 from 8-9pm at Base Camp Cullowhee.
Signup deadline is 11/10
Student price: \$35

Join Base Camp Cullowhee for this overnight trip headed to TN to visit Worley's Cave! We'll see stalagmites, stalactites, flow-stone, curtains, and hopefully some bats or other cave critters. Walk, crawl, and roll through giant underground rooms and tight squeezes, all by headlight! We'll leave Saturday afternoon at 2pm, drive to the cave and camp in tents in a big field near the entrance to the cave. Sunday morning, we'll wake up, eat breakfast and head into the dark to explore. We will return Sunday late afternoon. This adventure includes transportation, gear, instruction, dinner on Saturday, breakfast/lunch on Sunday. No experience necessary.

12/4-12/6 AMGA Climbing Wall Instructor Certification Course
Student price: \$300

Western Carolina University is offering an American Mountain Guides Association, Climbing Wall Instructor (CWI) Certification Course. This is THE certification for professionals who teach in an indoor or artificial wall environment. This course will improve your level of professionalism in indoor climbing and improve your level of climbing wall instruction. Two certification levels are offered: AMGA CWI Top Rope and AMGA CWI Lead.

Trip registration is available on-line at <http://basecamp.wcu.edu> or in person at the Adventure Shop located inside the Campus Recreation Center (open Monday-Friday 11am-5pm.)

Bicycle Fix-It Stations

Campus Recreation and Wellness welcomes the addition of two do-it-yourself bicycle fix-it stations on campus. These outdoor stations are available to the campus community 24/7. Hang your bike on the tower, use the tools to fix anything you need, and pump up your tires with the adjacent pump. Need help? Scan the QR code with a smart phone to link to directions for basic bicycle maintenance tasks and how-to videos. One station is located adjacent to the Campus Recreation Center in the center of campus and one is located at the Trailhead kiosk for the WCU Trail system near the Softball Field and tunnel under Hwy 107.



Hiking in Western NC

Whether you're looking for an easy, leisure hike or a strenuous workout on the trails, Western North Carolina has it all. If you don't have a means of transportation, there are the WCU campus trails. Located through the tunnel at the softball parking lot, the campus trails are 6.8 miles of hills to explore. If you are looking to get away for the day, or the entire weekend, there are trails towards Cashiers, and in the opposite direction, towards Asheville and Brevard. Towards Cashiers there are multiple trails such as Paradise falls, a short but very steep hike. This trail leads you to a beautiful waterfall and a great place to relax and spend the day. There are also easier trails such as Cullowhee falls. Cullowhee falls takes about an hour to hike to but the trails are relatively flat and easy to hike on. Panthertown Valley also has multiple trails to explore if you want to spend just a few hours or the entire weekend. If you are driving on the parkway, and are looking for a place to pull off and hike, there are many options. Towards Asheville, about 45 minutes on the parkway there are trails such as Devils Courthouse, Black Balsam, and Sam's Knob. These hikes are relatively short and have amazing mountainous views, so get out and explore all the amazing adventures Western North Carolina has to offer!

Kids Climb

Friday, Nov. 6th and Friday, Nov. 20th
5-7pm
Climbing Wall

Designed for children of students, faculty and staff and their guests, kids climb is the only time participants under 17 are allowed on the wall. Cost is \$5 if the parent is a member of the CRC, \$10 if the parent is not a member. We accept cash or check. Child must weigh at least 40lbs.



Hours of Operation

Thanksgiving Break Hours

Campus Recreation Center

Tuesday, Nov. 24: 6am-7pm

Wednesday, Nov. 25: 6am-2pm

Thursday, Nov. 26 – Saturday, Nov 28: Closed

Sunday, Nov. 29: 5pm-9pm

Reid Pool

Tuesday, Nov. 24: Pool Closes at 6:15pm

Wednesday, Nov. 25: 6am-8am, 11am-1pm

Thursday, Nov. 26 – Saturday, Nov. 28: Closed

Sunday, Nov. 29: 5pm-8pm

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



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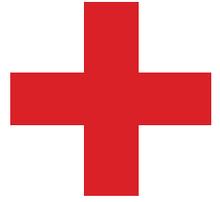
WCU is a University of North Carolina campus and an Equal Opportunity Institution.

Health & Safety Certification Class

CPR/AED for Professional Rescuer Blended Learning Class

Tuesday Nov. 17th, 5-7:30pm

This course is split between online content and classroom material. Registration is due by Nov. 11th. Please come to the Campus Recreation Center to sign up for this course. We accept cash or check. If you have any questions regarding this course, please contact Tyler Spencer at tcspencer@wcu.edu



EMPLOYEE OF THE MONTH

Tomas Aponte has worked for Campus Recreation & Wellness since Fall 2014. He is an Intramural Official, Intramural Supervisor, and Intramural Program Assistant. His favorite part of working for CRW is the teamwork and fun atmosphere. Tomas is a Psychology major and he plans to go to graduate school. He describes himself as hardworking, responsible, outgoing, and kind-hearted. Tomas' advice to other employees is to stay involved and have fun. CRW thanks Tomas for all his hard work and dedication!



MEMBER OF THE MONTH



Rich Blackwell is originally from High Point, NC. An Engineering Technology major, he plans to work as a Manufacturing Engineer in Winston-Salem. Rich's favorite workout is arm weights, and he enjoys the CRC mid-day and on Fridays. He has been an avid exerciser for about three years now. Rich was diagnosed with type 2 diabetes, and he decided to change his life for the better by eating right and exercising. With the help of his friend Matthew Alexander, he has been able to put on a decent amount of muscle mass within a short period of time. Being a diabetic means that it is hard to gain weight or muscle mass easily with the lack of carbohydrates in his diet. He tends to maintain his current physique and eat as well as possible. Rich is pictured here with his fiancé Sarah Uselton. CRW admires Rich'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.