



Prevent Cold & Flu

Help prevent the spread of cold and flu by washing your hands and using hand sanitizer frequently.

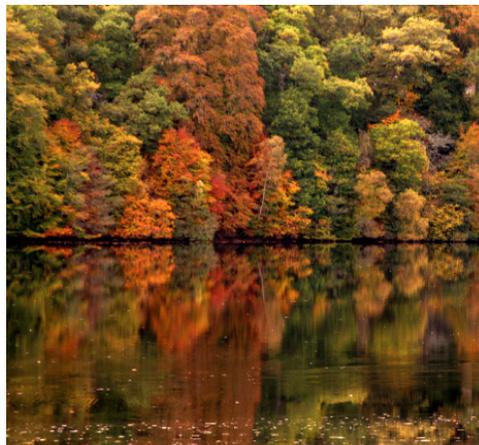


Enjoy Fall on the Lake

During the fall, Western North Carolina provides great vibrant color and scenery for lake kayaking. When you want to enjoy the outdoors, but prefer to leave the adrenaline behind, lake kayaking is the perfect option! Enthusiasts seeking scenery and glimpses of wildlife can visit the flat water trails through the mountain lakes of western North Carolina. The rivers and lakes as well as the availability of kayak instruction are what has given Swain and Jackson County the title of “the Whitewater Capital”. Any and all experience levels will enjoy this activity. According to a Western Carolina Biology professor, this year’s fall colors will be some of the best seen yet due to the drier summer season. Fontana Lake has breathtaking views and small tributaries which can be visited by kayak. Another popular destination to visit is Santeetlah Lake in Robbinsville, NC. Santeetlah makes its way into multiple picturesque coves and inlets. Most of the shoreline is undeveloped and bordered by Nantahala National Forest, which makes for great camping opportunities.

Family Climbing

Bring your visiting family to the climbing wall for a Saturday climbing session on Saturday, October 3rd, from 11am-1pm. Parents, brothers, and sisters from back home are all welcome. Children under 18 who are over 40lbs are also welcome. The cost is free!



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Intramural Sports

As the weather cools down, Intramural Sports are heating up! Register for the following leagues opening up on IMLeagues in October – including Outdoor Soccer, now being played in the Fall semester.

3 on 3 Basketball Tournament

Gear up for the Spring Basketball league by playing in our 3 on 3 Basketball Tournament on Friday, 11/6 and Saturday, 11/7. Register by Tuesday, 11/3.



Fall 2014 Women's Volleyball Champions with their champion t-shirts. Register for this year's Volleyball League by October 5th. All registrations are available on www.imleagues.com/wcu.

Club Sports

The Club Sport program is in full swing with teams competing both at home and away. Come cheer on your fellow catamounts at some of our club sport home games this October!

Men's Club Soccer vs. Coastal Carolina

Sunday, October 4th at 3pm – Women's Varsity Practice Field

Men's Rugby Club vs. Elon

Sunday, October 25th at 1pm – Camp Lab Fields

To find out more about our club sport teams, please visit our club sport web page at recenter.wcu.edu, or visit their orsync or imleagues pages.



LEAGUE

LOCATION

DATE

TIME

REGISTER BY

Volleyball
Racquetball Singles
Outdoor Soccer

Reid Gym
Ramsey Center
Football Stadium

10/20
10/19
10/26

5-11pm
5-11pm
5-11pm

10/5
10/5
10/19

Outdoor Programs

Fall Break Trip

Base Camp is taking a rock-climbing and service trip to the Red River Gorge in Kentucky on October 10-15. This trip will be a comprehensive introduction to the sport of rock climbing targeted to beginner and intermediate climbers. No previous climbing experience is necessary. This trip is a classic climbing experience for those looking to learn more about this incredible sport, while exploring some of the best sandstone climbing in the country. With a maximum of 8 participants, you'll get lots of hands-on experience and ample time to climb!

Participants will also engage in a service project geared towards giving back to the climbing community. To register visit the Adventure Shop or register online at basecamp.wcu.edu.
Student cost: \$150.00 Faculty/Staff: \$175.00

Outdoor Gear Sale and Adventure Fair

Wednesday, October 21, Noon - 5pm, UC Lawn

WCU was voted the number one adventure college for two years consecutively, by Blue Ridge Outdoor Magazine. We welcome WCU students, faculty, staff, and the surrounding community to learn, experience, and invest in the outdoor adventures of the area by being a part of this fair and gear sale.

Base Camp Cullowhee and the Parks and Recreation Management Club are collaborating together to create this opportunity, which aims to expose the WCU community to the wonderful outdoor opportunities that are readily available around them. By having local vendors present, the community will have a direct connection with them and become more aware and knowledgeable of their products or service in the area.

The Base Camp Gear Sale is your chance to purchase some of Base Camp's old gear at amazing prices. Have outdoor gear you want to sell? Get your own table for \$10.00 and make some cash, selling your old gear! For more information about the Gear Sale and Adventure Fair or to get a table, contact Jeremiah Haas at haas@wcu.edu.

Eating Right on a Budget

Food, gas, phone bills, rent, entertainment and other responsibilities constantly eat up your hard earned cash. As a college student and thereafter, a budget is essential to juggle all the responsibilities of life. Many people fall into the belief that it is impossible to eat healthy when on a limited budget, and choose to live off of fast food; others choose to buy boxes of Ramen Noodles and Little Debbie Cakes. The cheap, fast, processed products may be less expensive and quick to prepare, but they are often high in sodium and fat content, lacking in protein, and contain excessive amounts of calories and simple carbohydrates. However, it IS possible to eat healthy on limited finances!!

How? Try some of these money saving tips:

1. Plan ahead: i.e. decide on Sunday your meals for the week.
2. Pack your lunch. It's cheaper and healthier than most eating out options.
3. Write lists of foods and ingredients for trips to grocery store. Don't shop on whims.
4. Do not go to the grocery store when hungry. Often times, more costly and less healthy foods are purchased when shopping on an empty stomach.
5. Consider buying in bulk when items go on sale. For example, when whole wheat bread goes on sale, buy extra and freeze the rest.

6. Use a slow cooker (crockpot). This machine helps tenderize and moisten your less expensive but tougher meat cuts. Crockpot recipes also often include frozen vegetables to add more taste and sustenance to the meal.

7. Cook slow cooker and other meals in large portions and freeze leftovers for another meal.

8. Canned and frozen products are a great way to save money and eat healthy. But buy with caution to be aware of sodium content – always try to purchase the low or no sodium added cans.

9. Shop the perimeter of the store! Most grocery/health foods stores have the healthy and cost efficient foods on the perimeter of the grocery store.

10. Couponing is also another money saving tactic!

By Stephanie Pixley, WCU Dietetic Intern. If you have a nutrition-related question e-mail nutrition@wcu.edu



Registration is now live for the 2016 Valley of the Lilies Half Marathon & 5K event to be held on Saturday, April 2nd, 2016. Register today at imathlete.com! 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.



Mind-Body Experiment

Hoopng
Wednesday, October 28th
7:30pm-8:30pm
Studio 1

In this session, guest instructor Kelly Timco will introduce participants to Hooping. Hooping is a modern dance and exercise that uses handmade hula hoops. It is a total body workout using both on body hoops and mixing in off body arm/hand work. The hoop allows a variety of movements, strengthening the core, improving posture, and allowing a mind/body connection that gives a fun feeling of well-being.

Group X

Group Exercise is a great way to relieve stress and lift your mind, body, and spirit. As the end of the semester approaches, let the Group X classes help you reduce some stress along with assisting you in achieving your health and fitness goals. The Group X schedule is on reccenter.wcu.edu. The second part of fall semester's schedule begins on October 19 and ends on December 4. You can purchase a Group X pass for \$10 anytime the CRC is open.



Hours of Operation

Special Fall Break Hours

Campus Recreation Center

Friday, Oct 9: 6am-7pm

Saturday, Oct 10 & Sunday, Oct 11: Closed

Monday, Oct 12 - Friday, Oct 16: 11am-7pm

Saturday, Oct 17: Closed

Sunday, Oct 18: 5pm-9pm

Monday, Oct 19: Resume Regular Fall 2015 Hours

Reid Pool

Friday, Oct 9: 6am-8am, 9am-6pm

Saturday, Oct 10 - Saturday, Oct 17: Closed

Sunday, Oct 18: 5pm-8pm

Monday, Oct 19: Resume Regular Fall 2015 Hours

Home Football Game Day Hours

Campus Recreation & Wellness supports the Cats by encouraging the entire WCU community to get involved in game day activities. In support of the Cats, the CRC will close early on Family Weekend Game Day and Homecoming Game Day.

Saturday, Oct 3: 9am-1pm

Saturday, Oct 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

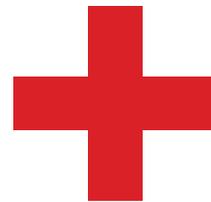
Become American Red Cross certified in First Aid!

Date: Monday, October 26th

Time: 5 - 6:30pm

Cost: \$25 Member/ \$35 Non-Member

Pre-register at the Campus Recreation Center. Classes are blended-learning, which means there is an online portion to complete before class date. Payment is required upon registration. Cash or check only.



EMPLOYEE OF THE MONTH



Zack Holden has worked for Campus Recreation & Wellness during his entire college career of 4 years, first as a Recreation Assistant, and for the past year as a Supervisor. His favorite part of working here is the atmosphere of being surrounded by his peers who are focused on fitness. Zack's advice to coworkers is to do your job well and everything will work out if everyone carries their weight. A Health and Physical Education major, Zack will graduate this December, and he plans to work in an elementary school somewhere in the Rocky Mountains. He describes himself as a leader who distributes the workload in order to keep everyone accountable. A unique fact about Zack is that he has been to or traveled through all 48 continental states, but has never left the country. Zack says "GO CATS"! Thank you for all your hard work, and congratulations, Zack!

MEMBER OF THE MONTH

Michael Martin is from Hickory, NC. His major is Business Management and Finance, and he hopes to have a job that allows him to use his education and travel the world. Michael's favorite workout is legs and he loves to come into the CRC in the morning when there are fewer people in the facility. An avid exerciser since fifth grade, Michael is also an outdoorsman who loves hiking, fishing, and camping. Campus Recreation & Wellness congratulates you, Michael! We admire your dedication and workout 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.