



HAPPY HOLIDAYS!

Keep stress at bay by simplifying how you send holiday cards. Try these tips: shorten your list, keep your greetings short and sweet, start early, and finally, have your computer do all the work by printing address labels!



Happy Holidays from Campus Recreation & Wellness!

The holidays are a time of sweet treats, renewed friendships, and family gatherings – which also often means overindulgence! CRW is here to help you keep track of your waistline and your goals this holiday season. As the holidays approach, check out our free “special” holiday Group X classes, sign up for nutrition services, or fine tune your strength training in our fitness area.

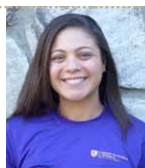
The holidays are also a great time to start thinking about New Year’s Resolutions. What better way to find a workout buddy and start the new year off right than giving the gift of health in 2012. CRW has gift certificates available this holiday season and always, so stop by the Main Office today.

Lastly, CRW wants to help you have a stress-free remainder of 2011. Join us for our Flake Out Now event to de-stress as finals fast approach. Thank you to everyone who participated in CRW programs and services this fall! We hope you will join us in Spring 2012 as we prepare for another great semester packed full of activities!

Happy Holidays!

CONGRATULATIONS AND GOOD LUCK

A big congratulations goes out to our graduating senior, Courtney Timmons! Courtney was one of our Recreation Assistants and we will miss her!



INSIDE THIS ISSUE

Intramural Challenge

Group X

Hands-Only CPR

Nutrition

Long-Term Locker Information

Hours of Operation

Intramurals

INTRAMURAL CHALLENGE

Thank you to everyone who came out to participate in Intramurals during Fall 2011! To gear up for Spring 2012, Campus Recreation & Wellness would like to challenge everyone to play in at least one Intramural League and participate in at least one Intramural One-Day Activity during the Spring Semester. Intramurals is a great way to socialize, experience healthy competition, try something new, and get fit. There is something for everyone and Spring 2012 is no exception! Leagues range from 5-on-5 Basketball to Indoor Volleyball to Softball. One-Day activities range from Darts to Wrestling to Bocce Ball. Come out and join the Intramural fun in the New Year! For more information, check out reccenter.wcu.edu.

INTRAMURAL CHAMPIONS

Indoor Soccer

Co-Rec: Futbole's Finest
Men's: Blitzkreig

Flag Football

Co-Rec: ALL DAY (MVP Andrew Carroll)
Women's: Fuzzy Penguins (MVP Rebekah Burkett)
Men's B: Aftershock
Greek: SAE (MVP Kale Jeffords)
Men's A: ALL DAY (MVP Manteo Mitchell)

Co-Rec Volleyball

Rise'n'Shine

Arm Wrestling

Female Divisions: Devon Potter, Lydia Jones, Michelle McDuffie
Male Divisions: Mike Cornwell, Jake Watkins, Xerxes Kitson-Mills, Jordan Hensley, Jeff Grandy, Heath Stanley

Special Holiday Group X Classes

If you are staying 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 12:10pm-12:50pm.

Monday, December 19 Power Pump Mandy
Tuesday, December 20 Step Shauna
Wednesday, December 21 Cycle Mandy
Wednesday, January 4 Power Pump Mandy
Thursday, January 5 Zumba Brandon
Friday, January 6 Cardio Kickbox Catherine

CRC Indoor Triathlon Winners

Congratulations to all Triathlon participants! Here are our 1st place winners by division:

Female Student: Sarah Lee
Male Student: Mike Cornwell
Female Faculty/Staff: Mandy Dockendorf
Male Faculty/Staff: Eddie Walls
Team: Andrew Benton, Cotter Collins, Adam Ray

Hands-Only CPR

Date: Friday, December 9
Time: 4pm-4:40pm
Location: Campus Recreation Center Meeting Room
Cost: FREE!

Register online at reccenter.wcu.edu. Presentations & Classes link then "Hands-Only CPR Registration Form" in top left corner!
Register by Thursday, December 8.

**Hands-Only CPR is not a certification. If you need certification for your major or job, please see our other Health & Safety Certification Class offerings this spring!*



Group Exercise

Thank you to all the participants who have made this semester a success! As a quick reminder, the last day for GX classes this semester is Friday, December 9. We will kick off the spring semester with Group X Jam on Wednesday, January 11 from 5:30pm-7pm! Come try out the variety of classes the CRC has to offer with opportunities to win prizes and get some free giveaways! If you want to get a jump start on the Spring Semester you can register for Group X in the CRC Main Office starting Monday, December 5.

Maximize your workout with eXit - eXtreme Interval Training

It's back by popular demand! This six-week special Group X program based off of "INSANITY" focuses on body-weight only exercises. Only 30 committed participants will be allowed to register for the program. Registration begins Monday, December 5 in the CRC Main Office. The cost is \$30.00 and includes the regular spring Group X fee, a 3-day diet analysis, and weekly nutrition tips (cash or check only). The program begins on Tuesday, January 17 and ends Thursday, February 24. The class will meet four days per week from 6:45am-7:30am. Go eXtreme this Spring!

Cross Training Challenge is back for Spring 2012

Can you rise to the challenge? Beginning January 9, the CTC has something for everyone! The CTC encourages participants to diversify their workouts and improve their overall health and fitness. Choice of activities include walking/running, intramural sports, climbing, and so much more! More information to come after the holidays.

Flake Out Now! Not During Finals

Wednesday, December 7 12pm-3pm,
UC - Illusions

If you or some of your students are feeling the pressure of the end of the semester, take some time to de-stress with music, crafts, hot beverages, games, and laughter.

'Tis the Season to be Healthy

December is a month of religious observances and celebrations, winter festivals, and holiday get-togethers, which frequently include food. It's also a month with many National "Food/Health" Days. Here's a list of days to observe, and the healthy way to do it!

DECEMBER 1 "EAT A RED APPLE" DAY

Apples are in season and are taking over the produce section of your local grocery store. Spice them up with one of these recipes!

- Apple Dippers
- Apple Pizza
- Apples With Yogurt Dip



DECEMBER 3 "MAKE A GIFT" DAY

Instead of buying your friends/family material items this year, make it more personal; give them some healthy treats!

- Caramelized Pecans
- Fruit/Veggie Basket
- Assorted Herbs/Spices



DECEMBER 4 NATIONAL COOKIE DAY

Enjoy this day by making home-made cookies, not the store bought kind. They taste better and are usually healthier!

- Chocolate Chip Cookies
- Fruity Sugary Cookies
- Peanut Butter Oatmeal Cookies

DECEMBER 6 "MICROWAVE OVEN" DAY

With so many family get-togethers and parties, there is bound to be leftover food to heat up in the microwave. Go to this website for some tips on the safe and healthy way to heat up your food!

www.fsis.usda.gov/factsheets/microwave_ovens_and_food_safety/index.asp

DECEMBER 5 - 11 NATIONAL HAND WASHING AWARENESS WEEK

This holiday is always observed during the first full week of December.

With so many germs floating around during the holiday season, it is especially important to remember the importance of washing your hands! Here are step-by-step instructions.

1. Wet hands with warm running water.
2. Dispense soap into hands.



DECEMBER 24 NATIONAL EGG NOG DAY

Enjoy this traditional holiday drink, but beware! Many recipes include raw eggs, which could be dangerous. Use adaptive recipes that slightly cook the eggs. 1 cup of egg nog has about 350 calories; enjoy in moderation.

3. Wash hands vigorously for 20 seconds.
Wash all surfaces:
 - Back of hands
 - Wrists
 - Between fingers
 - Tips of fingers
 - Thumbs
 - Under fingernails
4. Rinse hands with warm water.
5. Dry hands with paper towel or clean cloth towel.
6. Turn off faucet with paper towel and open door with paper towel.

If you have a nutrition-related question, sign up for Nutrition Services at the CRC, pop into CRC Assessment Room 116 for Ask-A-Nutritionist Wednesdays 5pm-7pm and Thursdays 3pm-5pm, or email nutrition@wcu.edu.

For more information and full recipes, visit: food.unl.edu/web/fnh/december

Contributed by Lauren Bach, CRW Dietetic Intern



Hours of Operation

EXAM WEEK

Campus Recreation Center

Mon., Dec. 12 - Thu., Dec. 15, 6am-10pm

Fri., Dec. 16, 6am-2pm

Sat., Dec. 17 & Sun., Dec. 18, Closed

Reid Pool

Mon., Dec. 12 - Thu., Dec. 15, 6am-8am,

9am-3:45pm, 5:15pm-9pm

Fri., Dec. 16, 6am-8am, 9am-1pm

Sat., Dec. 17 & Sun., Dec. 18, Closed

HOLIDAY BREAK

Campus Recreation Center

Mon., Dec. 19 - Thu., Dec. 22, 11am-7pm

Fri., Dec. 23, 11am-2pm

Sat., Dec. 24 - Mon., Jan. 2, Closed

Tues., Jan. 3 - Fri., Jan. 6, 11am-7pm

Sat., Jan. 7, Closed

Sun., Jan. 8, 1pm-9pm

Mon., Jan. 9, Regular Spring 2012 Hours

Reid Pool

Mon., Dec. 19 - Mon., Jan. 2, Closed

Tues., Jan. 3 - Fri., Jan. 6, 11am-1pm

Sat., Jan. 7, Closed

Sun., Jan. 8, 5pm-8pm

Mon., Jan. 9, Regular Spring 2012 Hours

Long-Term Lockers

Long-term Locker Holders – It's that time again!

If you are on payroll deduction, you do NOT need to return 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 19 or Tuesday, December 20. You may either 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 must either renew your membership for the spring semester by Friday, December 9 or return your locker key at the Main Office by Friday, December 9. If you renew your membership, you may keep your locker key. Remember, we will still clean your locker on December 19 or 20. If you choose to return your locker key at the Main Office, you will need to place your name back on the locker waiting list when you sign up for a future membership.

BEAT THE RUSH - RENEW NOW FOR YOUR SPRING 2012 MEMBERSHIP!



EMPLOYEE OF THE MONTH



Doug Bishop is one of our Personal Trainers.

We asked him a series of questions:

Where are you from? Charlotte, NC

What is your major? Psychology

What are your plans after you graduate?

To open my own gym.

What is your favorite thing to do? Train for MMA

What is your favorite day of the week and why? Tuesday because that's wrestling day

Who is the one person in history you would like to meet?

Franklin Howard Scobey

When you were young, what was your favorite TV show?

Mr. Rogers

What is your favorite music/song/band? I'm really enjoying the new cd from my friend's band Birds and Teeth, or the song Angel Eyes by Love and Theft

What are your top three favorite movies to watch? To End All Wars, Rosewood, This is England

What would you do if you won \$50 million in the lottery? Build my gym and an inner city boxing gym to help out teens

Why do you like working at Campus Recreation & Wellness? The members and staff are great people



MEMBER OF THE MONTH



Michael James is from Kannapolis, NC, the home of the one and only Dale Earnhardt! He is majoring in Health and Physical Education and has been a student at WCU for 4 1/2 years. Michael typically likes to lift weights in the afternoon and he's been exercising since he was in middle school. He also plays semi-pro football for the Lake Norman Fear in Statesville, NC during the summer. Fun fact: if he could have any super power, it would be to shoot lightning bolts from his hands. Congratulations, Big Mike!

theLift

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See all issues of *theLift* online:

www.wcu.edu/25913.asp



Campus Recreation & Wellness

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Have someone in mind for Employee of the Month or Member of the Month? Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.