



February is American Heart Month

February is American Heart Month and CRW continues to promote activities and habits that are good for your heart. The Center for Disease Control and Prevention (www.cdc.gov) provides several suggestions to help prevent heart disease, including eating healthy, exercising consistently, and maintaining a healthy weight. CRW has several programs during February to assist you in preventing heart disease.

First to help you eat healthy, CRW will offer "Ask a Nutritionist" hours again during the month of February. This service is provided by Dietetic Interns from the Master of Health Sciences Program, and will allow individuals to get answers to general nutrition questions. For more specific times, inquire at the Campus Recreation Center.

Second, CRW wants to help you exercise consistently and maintain a healthy weight. If you haven't tried Group X or Intramural Sports, they are great programs with many offerings that can allow you to get fit with friends. Sign

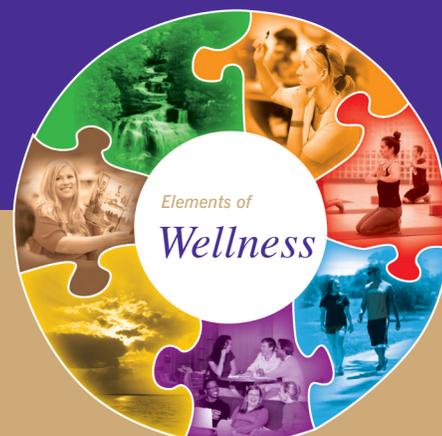
up for Group X for only \$10 for the entire semester and attend one of the 33 offerings per week, or register for our Outdoor Soccer League or Intramural Battleship. Besides, research shows that scheduling workouts with others helps people stay more consistent.

Third, CRW wants to help your heart health by leading you to meet a goal. Sign up for the Valley of the Lilies Half Marathon or 5K and follow the free training program available to registrants. Train to compete in the Intramural Weightlifting Challenge or join a Club Sport and compete regionally.

For more information on CRW programs and services, continue reading or check out our website at reccenter.wcu.edu.



Advising Day
The CRC is open regular hours for Advising Day, which is Tuesday, February 25th.



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Intramural Sports



Weightlifting Challenge

Challenge yourself in performing three basic lifts; dead lift, bench, and squat. Lifters must perform all three and a formula is used to determine the overall male and female winners.

Battleship

The newest Intramural Sport offers a different spin on the classic board game in which players are in canoes in Reid Pool. Get your CoRec team together and see if you can sink their battleship.

Soccer League

Team sign ups are due by Monday, February 23rd

Play will begin Monday, March 3rd

Soccer Scrimmages will be held on Wednesday, February 26th. For information and sign ups please visit imleagues.com/wcu

EVENT

LOCATION

DAY

DATE

TIME

Disc Lacrosse
Weightlifting Challenge
CoRec Battleship

Reid 201/202
CRC Weight Area
Reid Pool

Friday
Tuesday
Wednesday

Feb 7
Feb 11
Feb 19

6pm
6pm
1pm

Race Date: Saturday, April 5, 2014 **Time:** Half Marathon starts at 8am, 5K starts at 8:15am

Sign up today for the Valley of the Lilies Half Marathon & 5K at imathlete.com and be a part of this great WCU tradition!

Don't forget about the Res Hall Challenge! Anyone living in a WCU Residence Hall can indicate their Res Hall in the registration process to enter themselves in the contest to see which WCU Res Hall can get the most participants. Prize will be a free dinner for the registrants from the winning Res Hall!

Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months! For more information, visit Halfmarathon.wcu.edu



VALLEY OF THE LILIES 2014 HALF MARATHON & 5K

Dance Marathon 2014 Check the CRC Hours!

Dance Marathon is a nationwide movement across the country that raises money for Children's Miracle Network hospitals in local communities. The main event at WCU is a 12-hour event on Saturday, March 1st from noon-midnight. In WCU's first two years, approximately \$25,000 has been raised and WCU is hoping to meet a \$20,000 goal for 2014. Please visit the Dance Marathon OrgSync page for information on signing-up to join hundreds of WCU students play the night away. Cost is \$25 now and \$35 after Valentine's Day. FTK= For The Kids!

The Campus Recreation Center will once again play host to Dance Marathon. We will have special hours for members on Saturday, March 1st from 9am-noon, and will close early to support WCU students in their fundraising efforts.

Men's Rugby to Host 3 Home Matches

Men's Club Rugby is scheduled to host three home matches during the next month. Check out your Catamounts as they take on regional opponents at the Camp Lab Fields. For game times, check with the Campus Recreation Center.

Saturday, February 6th vs. Wingate

Saturday, February 22nd vs. Elon

Saturday, March 1st vs. Alumni

Eat Your Heart Out

February is National Heart Health Month. Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable. The same dietary tips that are good for your heart are also good for your whole body! Reading food labels is a great way to figure out if what you are eating is helping you or hurting you.



Read ingredients: If a food contains partially hydrogenated oils, then it has trans fat. (If it has less than 0.5 g per serving, the label can still say trans fat-free.)

If you have a nutrition-related question, sign up for Nutrition Services at the CRC or email nutrition@wcu.edu.

Read The Label!

Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients.

Choose foods with less than 5 grams (g) of total fat per serving and less than 3 g per serving of saturated fat and trans fat, limiting saturated and trans to no more than 15 g per day.

Look for foods that are low in sodium. Aim to eat less than 2,400 mg sodium per day. Remember: the number doubles and triples depending on how many servings of the food you ate.

Aim to get 25 - 30 g dietary fiber each day. To meet this goal, include foods with at least 5 g fiber per serving.

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

	% Daily Value*
Calories 160	Calories from Fat 90
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%

Sugars 1g

Protein 3g

Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For more information including recipes, resources, and ideas, visit: <http://www.heart.org>

Max The Lift with Group Xercise

Group Xercise is a great way to "lift" your mind, body, and spirit. Classes are only \$10.00 for the entire semester and include all classes on the schedule. A few classes include Power Pump, Cycle, Zumba, PiYo Strength, Butts & Guts, Yoga and many more! So grab a friend and come max "The Lift" today with Group X. Register anytime the CRC is open.



Mind Body Experiment

February 19 at 7:00pm the CRC will be offering Tai Chi Chih with Laura Elliott in Studio 1. Join Laura Elliott as she takes class participants through the oriental exercises of Tai Chi Chih. This practice revitalizes our energy- building strength, agility and balance – allowing the body to heal itself. Tai Chi Chih also promotes peace of mind and improves concentration, sharpening the brain.

AAAI/ISMA Personal Fitness Trainer Certification

CRW will host AAAI-ISMA Personal Fitness Trainer Certification on Saturday, February 9th from 8:30am-5:00pm. The AAAI-ISMA Personal Fitness Certification is for anyone who is interested in becoming a personal trainer or enhancing his or her training skills. The certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills. The cost is \$99 if you pre-register. Registration forms are available in the CRC and must be sent into AAAI/ISMA.



Hours of Operation

Campus Recreation Center

Sun: 1-9pm
Mon-Fri: 6am-10pm
Sat: 9am-5pm

Reid Pool*

Sun: 5-8pm
Mon: 6-8am; 10am-2:30pm; 6:15-8:30pm
Tue: 6-8am; 9am-3:45pm; 6:15-9pm
Wed: 6-8am; 10am-12:20pm; 6:15-8:30pm
Thu: 6-8am; 9am-3:45pm; 6:15-9pm
Fri: 6-8am; 9am-9pm
Sat: 10am-1pm

*Reid Pool hours subject to change, please check reccenter.wcu.edu

Advising Day: February 25th

The CRC is open regular hours

Adverse Weather Line

CRW will update our adverse weather line regarding programs and services in the case of inclement weather.

Please call 828-227-8808.

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



Campus Recreation & 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.

Lifeguard Certification Course

This American Red Cross Lifeguard Certification Course is designed for individuals who wish to become a lifeguard. Pre-registration is required by Friday, February 14th at noon because this is a blended learning course, meaning participants must complete an online portion prior to attending the practical portion. Participants must be able to complete a 300-yard freestyle/breast stroke swim with rhythmic breathing in accordance with the American Red Cross standards and a 50 yard swim with a 10-lb. brick. Failure to complete those requirements during the first class meeting will result in failure of the course. Participants must also be able to attend all class sessions and must present a completion certificate for the blended learning portion prior to the first practical session. There is no re-certification option available during this course time.

Dates & Times: February 21st from 4pm-9pm, February 22nd from 8am-5pm, February 23rd from 9am-2pm

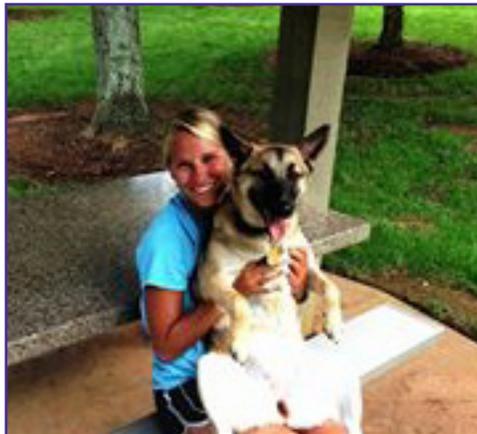
Location: The first meeting is in Reid Pool

Cost: Member \$150, Non-Member \$175

Register at the Campus Recreation Center with cash or check by Friday, February 14th.



EMPLOYEE OF THE MONTH



Blair Altman has worked for CRW for three years as a Lifeguard and Recreation Assistant. Her favorite part is getting to meet new people and interact with them while working, so she never feels like she is working. Her advice to fellow employees is to always have fun with it! Blair is a psychology major and wants to go to Vet School after she graduates. She is an outgoing athletic person who loves animals and hiking trails. A unique fact about Blair is that she is adopted from the Ukraine. Thanks for all your hard work, Blair, and congratulations on being chosen Employee of the Month!



MEMBER OF THE MONTH

Amy McKenzie is originally from West Lafayette, IN, known for Purdue University. She has worked at WCU for 7 years in the Department of Philosophy and Religion as an Administrative Support Associate and Adjunct Instructor of "Women and Religion". She enjoys Group X at lunchtime. Her three cross-training challenge activities are Group X, cycling and strength training. She has been active most of her life, but had a bout of inactivity in her late 30s, which she has remedied in her 40s. She thinks the CRC is an inspiring environment in which to work out because of the great variety of people. On the weekend she runs around Lake Junaluska with her toy poodle, who is 3 years old and energetic. Congratulations Amy! We admire your dedication to fitness.



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.