



Develop a Personalized Care Plan for 2014

At times, it seems as though the world is so fast-paced. Some people look for simple solutions to complex problems due to lack of hours in a day. Others cut out personal time to deal with necessities. As you begin 2014, we challenge you to take a step back to see if you are taking short cuts in your life.

Instead of trying quick fixes to stay on track, work to find solutions for long term results. For example, you may need medicine temporarily for an ailment. However do you slow down enough to ask yourself, what external factors may have contributed to this illness and how will I prevent those from happening moving forward? If not, you may be overlooking the opportunity to create a healthier lifestyle for yourself. We often see people who are under a lot of stress give up their workouts to use that time elsewhere. However, those individuals may actually be giving up a key factor that may be helping them to reduce anxiety and deal with stress properly.

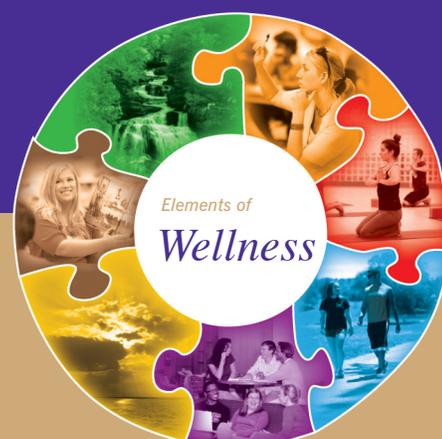
With that in mind, write down a couple of issues to begin to tackle in 2014. Some examples may

be medical issues, mental health issues, stress related problems, lack of energy, poor sleep patterns, etc. In a second column, write down the reasons you may be experiencing those things. For example, do you procrastinate or eat foods that lack nutritional value? Do you drink caffeine too late at night or too much throughout the day? Do you experience anxiety only around test times? In the third column, write down potential ways of addressing those reasons to develop your action plan. Then write some periodic goals related to that action plan to tackle in 2014. Remember if you don't have your health, you may not be able to complete your day's activities anyways.....so take care of yourself!



3 New Year's Tips

Keep Caffeine and Sugar to a Minimum
Don't Forget Strength Training
Don't Focus on Dieting, Focus on Healthy Eating



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Intramurals

Ready to get back into the swing of Intramural Sports? Well check out our spring schedule and plan your semester. We are offering a wide variety of sports and tournaments that fit anyone's skill level and interest.

Basketball and Dodgeball League

Team sign-ups due by Monday, January 20th
Leagues include: CoRec, Men's and Women's
**Basketball scrimmage games are being hosted for officials training on Thursday, January 23rd. Please call 227-8806 or email kajeffords@wcu.edu to request a scrimmage game.*

Racquetball Doubles League

Team sign-ups due by Sunday, January 26th
Sign up for all IM events through imleagues.com!

All leagues and most tournaments/events require pre-registration before hand unless otherwise stated. Please check out the sport information page on imleagues for details, registration procedures, policies, and rules.

For league sports, players must create an account and join their team through imleagues.com. Visit the Intramural Sports page for detailed directions on signing up through IMLeagues.



EVENT	LOCATION	DAY	DATE	TIME
Putt Putt Darts	Cat's Den CRC	Tuesday Wednesday	Jan. 14 Jan. 15	8-10pm 6-8pm

Group X Spring Schedule

The Group X program will officially begin on Tuesday, January 21 and it's \$10.00 for the entire semester, which includes all classes on the schedule. Schedules will be available at the Group X Jam or in the Campus Recreation Center and on the CRW website after the Jam concludes. The group setting is a great way to stay motivated and to ensure a safe and effective workout. Classes include, but are not limited to, piyo strength, tabata, ab attack, power pump, zumba, and turbokick. There is something for everyone in Group X!



Love it! Learn it! Lead it!

Do you regularly attend group exercise classes? Have you thought to yourself, I think it would be fun to learn how to teach a group exercise class? Here is your chance! The CRC will be offering a Group Instructor Training class on Mondays and Wednesdays from 7pm-9pm beginning January 28. The first four classes are mandatory. The only requirement is to have a Spring Semester Group X pass. There is no other fee to participate in the course. For additional information, contact Mandy Dockendorf at aldockendorf@wcu.edu.

Group X Jam

Kick off the New Year with the Group X class sampler. The Group X Jam will introduce you to several class formats so you can try it before you buy it! The Jam will take place in the CRC gym on Thursday, January 16 from 5:30pm-7pm and its free to all CRC members. This event fills up fast so get there early to claim your spot. Be sure to wear appropriate workout attire and athletic shoes.

Cross Training Challenge

The Cross Training Challenge is back for Spring 2014! Beginning January 13th, you can win a t-shirt just for staying active throughout the Spring Semester! Each participant will track their activities on a paper tracking form and win a t-shirt for reaching pre-set goals in three different activities (participant chooses activities from a list of various recreational activities-there's something for everyone from swimming, walking/running, intramural sports, climbing, and much more!). Check the website or stop by the CRC for more information.



Kombucha: A Miracle Drink?

A Trendy Health Beverage

Kombucha began trending among celebrities and the general public back in the early 1990's, but it's popularity declined overtime. Now, it's making its way back into the spotlight. The drink has recently been featured on the Dr. Oz Show, ABC news, and in the New York Times. Many claims have been made regarding its healing and curative properties, but at this time none of the claims have been proven. With no human research being done, there is very limited data on possible side effects of consuming the beverage and its potential to lead to toxicity. Research being performed on rats does show some promise, but the benefits might be outweighed by the risk. A few case studies have been documented cautioning people from consuming the beverage, as it has allegedly led to heart failure and death in several Americans.

Health Claims

- Cures baldness
- Cures insomnia
- Cures intestinal disorders
- Cures arthritis
- Cures multiple sclerosis
- Cures chronic fatigue syndrome
- Cures AIDS
- Cures cancer
- Boosts the immune system

- Reverses the aging process (eliminates wrinkles and grey hair)
- Decreases blood pressure
- Fights acne
- Soothes heartburn

The Facts

Kombucha originated in Asia thousands of years ago, but today is popular around the world. It is made by fermenting sweetened black, green, or white tea with a flat, pancake-like culture of yeasts and bacteria for five to eight days. This pancake-like culture is referred to as a "Kombucha mushroom" (although not really a mushroom) or a SCOBY. SCOBY stands for symbiotic colony of bacteria and yeast. The use of a SCOBY/ "mushroom" in fermentation is what makes Kombucha stand apart from other beverages. Kombucha contains enzymes, organic acids, B vitamins, polyphenols, and amino acids. However, it is also why the drink is highly acidic and can contain alcohol.

Most people make the Kombucha they consume in their own homes; however, it is also made commercially in the United States. Commercially made Kombucha can be purchased in raw or pasteurized forms and in many different flavors. It is on the shelves in most health food stores and some grocery stores.



<http://www.cancer.org/>, www.cdc.org/, and <http://www.crd.york.ac.uk/>

By: Ashley Jones, Graduate Student, Master of Health Sciences and WCU Dietetic Internship

Valley of the Lilies Half Marathon & 5K

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

Race Date: Saturday, April 5, 2014

Time: Half Marathon starts at 8am, 5K starts at 8:15am

For more information, visit Halfmarathon.wcu.edu

Don't forget about the Res Hall Challenge! Anyone living in a WCU Residence Hall can indicate their Res Hall in the registration process. They will then enter themselves in the contest to see which WCU Res Hall can get the most participants in this year's event. 5K & Half Marathon entries count so sign up and bring your friends! Prize will be a free dinner for the registrants from the winning Res Hall!

What you get for registering:

- Training program and fun running group to keep you on track! Meets 4 mornings per week and is free for all half marathon & 5k registrants!
- Nutrition tips from WCU Nutrition Interns
- Technical running shirt
- Goodie bag
- Half Marathon finishers will receive a finisher prize
- Possibly a fun, free dinner with your fellow Res Hall mates if you win the Res Hall Challenge!
- Pride and satisfaction in completing this awesome WCU tradition!

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!



Hours of Operation

Campus Recreation Center

Wed, Jan. 1: closed
Thu, Jan. 2 - Fri, Jan. 3: 11am-7pm
Sat, Jan. 4 - Sun, Jan. 5: closed
Mon, Jan. 6 - Fri, Jan. 10: 11am-7pm
Sat, Jan. 11: closed
Sun, Jan. 12: 1-9pm
Mon, Jan. 13: resume regular hours

Reid Pool

Wed, Jan. 1: closed
Thu, Jan. 2 - Fri, Jan. 3: 11am-1pm
Sat, Jan. 4 - Sun, Jan. 5: closed
Mon, Jan. 6 - Fri, Jan. 10: 11am-1pm
Sat, Jan. 11: closed
Sun, Jan. 12: 5-8pm
Mon, Jan. 13: resume regular hours

MLK Day Hours of Operation

Mon, Jan. 20
Campus Recreation Center: 11am-7pm
Reid Pool: 11am-6pm

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

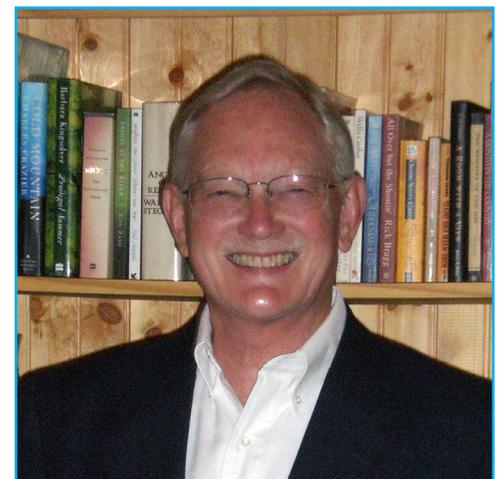


Caleb Hannon has worked at CRW for a year and a half as an Intramural Supervisor and Recreation Assistant. He is a Sport Management major with a minor in Marketing. His favorite part of the job is getting to meet new students and the chance to better someone's life through exercise and physical activity. His advice to fellow employees is to remember to keep a smile on your face and a great attitude. After graduation, he plans to work in marketing with collegiate athletics or tournament operations in a recreational sports organization. Caleb has lived in five different states and his parents just moved to a sixth state. Thanks Caleb, for your hard work and dedication to CRW!



MEMBER OF THE MONTH

Ron Robinson is originally from the Southwest Virginia Appalachians. He is a consultant and his wife Judy works at WCU. During Dr. Bardo's time here, Ron completed an assessment of the relationship between WCU and the Eastern Band of Cherokee Indians. Ron has been a runner since high school and enjoys triathlons. He usually works out around 11am. He enjoys our staff because they are polite and helpful. He has participated in football, wrestling, soccer, and rugby, and he loves the runner's high that he gets after the first mile. His hobbies include politics and vouching for better funding for education. Congratulations Ron 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.

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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