



**MAKE A S.M.A.R.T. RESOLUTION**  
Make your goals Specific, Measurable, Attainable, Relevant, and set a Time frame in which to achieve them.

## Kick Off 2012 with Campus Recreation & Wellness

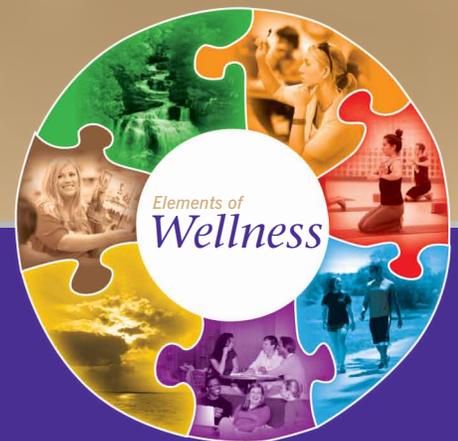
Campus Recreation & Wellness is here to help you jump start your 2012 fitness & wellness goals. As you look at ways to meet your goals, we encourage you to cross-train by trying a variety of activities to continually challenge your body and mind in new ways.

Kick off the semester during Resolution 2012 with Darts on Tuesday, January 10. Follow it up with Group X Jam on Wednesday, January 11 and our Intramural 2-on-2 Basketball Tournament on January 12.

Campus Recreation & Wellness will also be offering a variety of wellness programs and health and safety classes during the Spring Semester. Look for our Adult CPR/AED certification class on January 26 or help kick start your efforts to quit smoking with our Smoking Cessation class. In addition, CRW will offer many special events during the Spring Semester, including RecFest, Valley of the Lilies Half Marathon and 5K, Full Spectrum Farms 5K, Nutrition Week, and the ever popular Cross Training Challenge.

Lastly, remember that as you look to get started in 2012, Campus Recreation & Wellness also offers personal training and nutrition services for anyone looking for individualized attention.

Let Campus Recreation & Wellness help you get *theLift* in 2012!



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# Intramurals



Sign up for Intramural Leagues online at: [imleagues.com/wcu](http://imleagues.com/wcu)

## 5-on-5 Basketball League

Sign-ups due by Tuesday, January 17 at 5pm  
Manager's Meeting - Tuesday, January 17 at 5pm  
Leagues include CoRec, Greek, Men's A, Men's B, and Women's

## Indoor Soccer Weekend Tournament

Sign-ups due by Thursday, January 26 at 5pm  
Tournament is Saturday, January 28 and Sunday, January 29  
Open to CoRec, Men's, and Women's teams

## Single Day Events

	<b>Day/Time/Place</b>
Darts	Tuesday, January 10 at 5pm, CRC Lobby
2-on-2 Basketball Tournament	Thursday, January 12 at 5pm, CRC Gym
Badminton Doubles	Tuesday, January 17 at 5pm, Reid Main Gym
Table Tennis/Billiards	Wednesday, January 18 at 5pm, Cats Den
Disc Lacrosse	Thursday, January 19 at 5pm, Reid 201 and 202

# Group eXercise

## GROUP X JAM

Kick off the New Year with a 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 Wednesday, January 11 from 5:30pm-7pm and is free to all CRC members, not to mention there are always lots of giveaways. The Jam fills up fast so get there early to claim your spot. Be sure to wear appropriate workout attire and athletic shoes.

## GROUP X SPRING SCHEDULE

The Group X program will begin Tuesday, January 17 and is \$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 anytime after the Jam. 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, yoga, pilates, power pump, cycle, step, ab attack, and butts and guts. There is something for everyone in Group X!

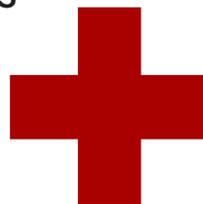
## LOVE IT! LEARN IT! LEAD IT!

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 Exercise Instructor Training class on Wednesdays from 7pm-9pm beginning January 25. The first two classes are mandatory. The only requirement is to have a Spring Semester Group X pass.

# Adult CPR/AED Certification Class

Date: Thursday, January 26  
Time: 5pm-8pm  
Location: Campus Recreation Center Meeting Room  
Cost: Member \$25.00  
Non-Member \$35.00  
Community \$60.00

Register at the Campus Recreation Center by Monday, January 23.



## Cross Training Challenge is back for Spring 2012

Beginning January 9, you can win a t-shirt just for doing fun activities throughout the Spring Semester! This year participants will log their activity on a paper tracking form and win a t-shirt for reaching pre-set goals in three different activities (chosen from a list of various recreational activities - there's something for everyone from swimming, walking/running, intramural sports, climbing, and more!). Check the website or stop by the CRC for more information.

## RECFEST 2012

Campus Recreation & Wellness is proud to bring you RECFEST in collaboration with the University Center and Residential Living. RECFEST 2012 will be themed "EARLY SPRING BREAK" and will have a variety of activities for students to get involved. The event will be held on Friday, February 3 from 8pm-12am in the Campus Recreation Center. Students are encouraged to try as many activities as possible in one night. The more activities a student participates in, the more chances that student has to win prizes.

RECFEST will be host to a variety of events including Cornhole, Human Battleship, a smoothie bar, Zumba, Ballroom Dance demonstrations, Karate basics, karaoke, 3-legged races, relays and obstacle courses, a cannonball contest, and more!

Encourage students to come out for our early spring break activities and fun during RECFEST 2012!



## New Year, New You, New Vitality

Santa has come and gone; the New Year has begun. What now? It's time to get back into your normal eating/exercising routine. This may be a hard task for some. For the past month we've been hanging out with friends and family, eating holiday goodies, and sleeping in late. Now we're back in the WHEE and running low on energy! Here are some tips and certain foods to help you out while getting back into the groove of things.

### QUICK-ENERGY TIPS:

Get enough sleep! Studies suggest about eight hours of sleep, but six to seven hours will do just fine at the college age.

Exercise! Working out three to five times each week is shown to help energize you throughout your busy days. When working out, endorphins are released in your body, causing instant energy.

Eat a balanced diet. Many nutrients found in food ward off drowsiness. Be sure to receive plenty of iron, vitamin D, and fiber!

Stretch away the stress! Stress often drains the body of energy. Stretching helps relax the muscles, body, and mind.

Avoid added sugar. Many packaged foods contain a large amount of sugar; whether it is real or

substitute. Sweetened foods/drinks give you a sugar high, but end in a "sugar crash" just as fast!

Stay hydrated! A sure sign of dehydration is loss of energy. It is recommended to drink eight 8 oz. glasses of water each day. That sounds like a lot, however, foods and other drinks made from water also go towards the number of ounces. For example: coffee, juice, tea, fruit, etc.



### CUT BACK ON CAFFEINE

When you feel tired or drowsy, the first reaction is to go for the caffeinated drinks. One cup of coffee in the morning will give you the necessary buzz. Even though research has shown that small amounts of caffeine are good for your health, exercise caution.

Energy drinks/shots and blended coffees usually contain too much caffeine and will cause negative side effects (headaches, anxiety, jitteriness, and caffeine withdrawal). Try cutting back by incorporating decaffeinated coffee or even tea.



### ENERGY-PRODUCING FOODS

Eat the right balance of protein, carbohydrates, and fat:

Complex carbohydrates - whole grains, beans/legumes, pasta, fruits, and vegetables

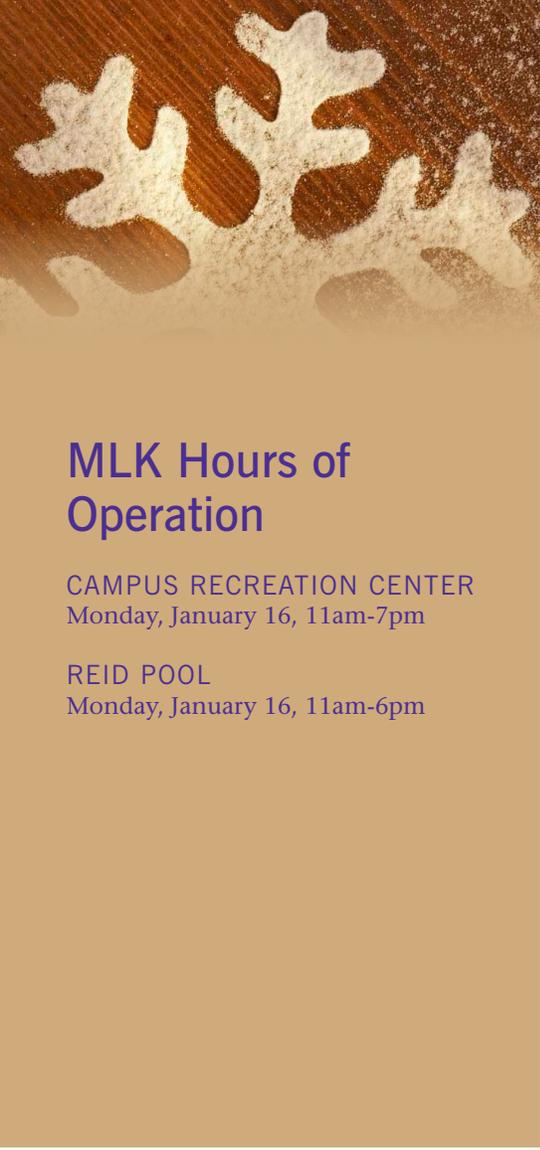
Lean protein - low-fat dairy, eggs, beef, chicken, pork

Unsaturated fats - peanut butter, avocados, nuts (almonds, cashews, pecans), flaxseed, fish (salmon, tuna), oils (olive, sesame, peanut, canola), olives

If you have a nutrition-related question, sign up for Nutrition Services at the CRC or email [nutrition@wcu.edu](mailto:nutrition@wcu.edu).

Source: <http://www.more.com/health/wellness/5-minute-energy-fixes>

*Contributed by Lauren Bach, CRW Dietetic Intern*



# Valley of the Lilies Half Marathon & 5K

MARCH 25, 2012



Proceeds to support WCU student professional development and travel. Hosted by the College of Health Sciences and the department of Campus Recreation & Wellness.

13.1 miles of beautiful mountains and the Tuckaseegee River OR 3.1 miles through the WCU campus.

Register now! [www.active.com](http://www.active.com)

Training program included with race fee! Training program includes running group that runs four times a week (optional - runners not required to attend all sessions), 11-week progressive programs for beginners and advanced runners, professional guidance for nutrition, shoe fittings, and other questions to help prepare runners for the race!

Register for the race on [active.com](http://active.com) to receive emails with more information on the training program! Check [halfmarathon.wcu.edu](http://halfmarathon.wcu.edu) for course map and other details about the race!

## EMPLOYEE OF THE MONTH



Courtney Wade serves in two capacities at Campus Recreation & Wellness: Supervisor and Intramural Sports Office Assistant. She is from Leicester, NC and is majoring in Accounting and Finance. After she graduates she plans on attending graduate school. We asked Courtney some questions:

*What is your favorite thing to do?* Travel

*What is your favorite food?* Chicken alfredo

*If you could go anywhere, where would you go?* Australia!

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

*What are your top 3 favorite movies to watch?* Fast Five, A Walk to Remember, and Sherlock Holmes

*What is your favorite sport to watch?* Basketball

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

*What would you do if you won \$50 million in the lottery and why?* I would donate a portion to different charities in honor of my mamaw and cousin. Then I would help my family out with their debt and save the rest for a honeymoon in Australia and other traveling adventures.

*Why do you like working at Campus Recreation & Wellness?* The people I get to work with as well as all the other people I get to meet while working.

## MEMBER OF THE MONTH



Jason McCurry is from Burnsville, North Carolina and has been at WCU for two years working towards his Electrical Engineering degree. His favorite time to work out is between 8pm and 10pm and he began seriously trying to get in shape in May 2011. Jason's favorite quotes lend some insight into how he tries to live his life:  
*"I would rather live 31 years on my feet chasing my dreams than 80 years on my knees hiding from them."* -Jeb Corliss  
*"It's kind of fun to do the impossible."* -Walt Disney  
*"Courage is not the absence of fear, but rather the judgement that something else is more important than fear."*  
 -Ambrose Red Moon

## 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.

## MLK Hours of Operation

CAMPUS RECREATION CENTER  
Monday, January 16, 11am-7pm

REID POOL  
Monday, January 16, 11am-6pm

## theLift

theLift is a publication of Campus Recreation & Wellness at WCU

See all issues of theLift online:  
[www.wcu.edu/25913.asp](http://www.wcu.edu/25913.asp)



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