Get the Lift in 2013

Do you know what “the Lift” means? It is not only our newsletter, but it is also CRW’s tagline. The Lift means to lift your mind, body, and spirit and we want everyone to get the Lift in 2013.

The new year is an excellent time to make lifestyle changes and get the Lift. CRW has several fitness programs to get you started towards a healthy lifestyle. Join CRW during our holiday break hours to start a consistent workout regimen, or join us the week of January 7 for some free Group X classes. Read on for more information about class days and times. The Extreme Interval Training Program, which meets Monday through Thursday from 6:30am-7:15am for 6 weeks, has a few spots left. Sign up today and be one of the 30 people in the class. First come, first served. Personal training services are also available for those who want an individualized program to help reach personal goals or who want the added motivation of working with a trainer. Brochures are available in the CRC or for more information go to reccenter.wcu.edu.

CRW also has several events during Resolution 2013. Check out Darts, Billiards or Table Tennis to kick off your Intramural participation for the semester or try out the Group X Jam on Thursday, January 17 from 5:30pm-7pm. All events are free and open to CRW members. 5-on-5 Basketball league sign-ups will also start Monday, January 14 so start getting your teams together.

We hope you will join us to kick off the New Year and Get The Lift. We are here to assist you with your fitness and wellness so please let us know how we can help!
2013 Valley of the Lilies Half Marathon & 5K

Got that New Year’s resolution list started? Make completing the Valley of the Lilies Half Marathon or 5K race one of them! It is a great way to be active, have fun, and socialize. Sign up today at imathlete.com and get motivated!

Race Date: Saturday, April 6, 2013
Time: Half Marathon starts at 8am, 5K starts at 8:15am
Halfmarathon.wcu.edu

New 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 winning registrants.

What you receive with registration:
• 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!

Intramural Sports

Ready to Play the Lift?! Well check out our spring schedule and plan your semester of intramural sports. We offer a wide variety of sports and tournaments that fit anyone’s skill level and interest.

5-on-5 Basketball League
Sign-ups due by Monday, January 21 at 11:55pm
Manager’s Meeting: Wednesday, January 23 at 6pm in CRC Meeting Room
Leagues include: CoRec Competitive, CoRec Recreational, Men’s Competitive, Men’s Recreational, Greek, and Women’s

Scrimmage games are being hosted for officials training on Thursday, January 24. Please call 227-8807 or email jfdjohnston@wcu.edu to request a scrimmage game.

Cross Training Challenge Spring 2013

Beginning January 14, 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 (chosen from a list of various recreational activities, there’s something for everyone: swimming, walking/running, intramural sports, climbing, and much more!). Check reccenter.wcu.edu or stop by the CRC for more information.

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 17 from 5:30pm-7pm and it is 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.

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 Mondays and Wednesdays from 7pm-8:30pm beginning January 28. The first four classes are mandatory. The only requirement is to have a Spring Semester Group X pass.

Group X Spring Schedule

The Group X program will officially begin on Tuesday, January 22 and it 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 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, cycle + abs, ab attack, power pump, zumba, and turbokick. There is something for everyone in Group X!

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EAT A BALANCED DIET:
A balanced diet ensures that you get adequate amounts of all necessary nutrients required to provide nourishment keeping the body healthy. It also helps to increase physical strength.

EAT MORE FRUITS & VEGGIES:
When it’s cold and dark outside, it can be tempting to fill up on unhealthy comfortable foods, but it’s important to be sure you are getting a balanced diet which includes 2.5 cups of vegetables and 2 cups of fruits per day. This helps to get vitamins and nutrients in the body and strengthen the immune system which fights off germs that cause cold and the flu.

HAVE A HEARTY BREAKFAST:
Avoid skipping breakfast because breakfast helps to boost the intake of starchy foods and fiber which provides you with energy and helps you to feel fuller for longer. This stops the temptation for a mid-morning snack reducing excessive total calorie intake.

EAT SMALLER PORTIONS:
During the winter we tend to gain some extra pounds. These extra pounds can be unhealthy and hard to lose. One tip that can help you to prevent this is to eat smaller portions at each sitting. Use smaller plates instead of the regular plates at each meal. When you’re eating out, don’t be afraid to ask if you can order from the kids’ menu.

STAY HYDRATED:
Cold air, wind, and indoor heat in the winter months cause the skin to dry. These harsh conditions suck moisture out of your skin causing it to be dull, dry, and to even crack. Drinking an adequate amount of water helps to replenish moisture lost to the air and helps keep your skin healthy. Being hydrated is also crucial because it helps to flush toxins out through perspiration and urine. Water is the perfect drink because it has no calories.

EXERCISE REGULARLY:
Exercise helps you to stay fit because it curbs the appetite and burns calories at the same time. Exercise is the most effective way to increase metabolism. Other benefits of exercise include keeping your body warm and boosting your immune system which helps you to stay healthy.

GET ENOUGH SLEEP:
Getting an average of six to eight hours of sleep each night helps to eliminate stress. Stress weakens your immune system to some extent and can have other effects on your health. Sleeping also assists the body’s detoxification process.

Contributed by: William Pertet, CRW Dietetic
If you have a nutrition-related question, please email nutrition@wcu.edu.
**Employee of the Month**

Hunter Cook joined the CRW team in August 2012 and has been a wonderful asset to the Recreation Assistant staff. Hunter is majoring in Natural Resources and Conservation Management with a concentration in Forest Management. When he graduates, he would like to either work for the North Carolina Forest Service or continue into graduate school. Hunter thinks it’s fun working at the CRC and enjoys interacting with patrons. His advice to fellow employees is to smile and be nice to everyone. Hunter describes himself as a hardworker that practices diligence and above all else follows the Lord Jesus Christ. His hobbies include hunting and fishing. Thanks for all of your hard work Hunter!

**Member of the Month**

Lauren Bishop is from Tallahassee, Florida and has been at WCU for just over seven years as the Energy Manager in Facilities Management. Lauren’s favorite (and with two boys, just about only) time to workout is during lunch when she hops on her bike and makes the trip to the CRC. She tends to gravitate towards Group X classes because the people help her stay focused, the variety of classes keep her interested, and it’s fun. Lauren has been exercising most of her life but really got serious about it after having kids. She says exercising makes her feel great, keeps her attitude positive, helps her sleep better at night, and allows her to be a better mother, wife, friend, and employee.

She believes being mindful of your overall wellness is one of the most important things you can do for yourself. Included in that overall wellness is sustainability, which is Lauren’s passion and a major part of her role on campus. One of her favorite sayings that her dad taught her is, “Always leave a place better than you found it.” and it stuck with her. When she’s not at work, you can find Lauren with her family enjoying a hike, fishing, camping, or travelling. She also loves gardening and cooking with vegetables she has grown from her garden. We love your smile and positivity, Lauren! Congratulations!

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**Health and Safety Certification Classes**

**FIRST AID & COMMUNITY CPR/AED (ADULT, CHILD, INFANT)*

*This class is in the “Blended Learning” class format. Participants will be required to complete online work prior to arriving at the class. All registrants will receive information via email on how to access the online videos, tutorials, and how to print off the completion certificate.

**AMERICAN RED CROSS LIFEGUARDING**

Participants must complete all online sessions and attend all classroom sessions to receive certification. Certification includes CPR/AED for the Professional Rescuer.

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**Hours of Operation**

**Campus Recreation Center**

Wed., Jan. 2 - Fri., Jan. 4 11am-7pm  
Sat., Jan. 5 & Sun., Jan. 6 Closed  
Mon., Jan. 7 - Fri., Jan. 11 11am-7pm  
Sat., Jan. 12 Closed  
Sun., Jan. 13 1pm-9pm  
Mon., Jan. 14 Regular Spring 2013 Hours

**Reid Pool**

Wed., Jan. 2 - Fri., Jan. 4 11am-1pm  
Sat., Jan. 5 & Sun., Jan. 6 Closed  
Mon., Jan. 7 - Fri., Jan. 11 11am-1pm  
Sat., Jan. 12 Closed  
Sun., Jan. 13 5pm-8pm  
Mon., Jan. 14 Regular Spring 2013 Hours

**MLK Day Hours**

**Campus Recreation Center**

11am-7pm

**Reid Pool**

11am-6pm

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