



## Summer Fun

This summer CRW is offering a variety of activities for you to have fun in the sun. Intramurals will kick off the summer with a Sand Volleyball Tournament but will also host a variety of other events for WCU students, faculty, and staff. Outdoor activities include 4-on-4 flag football, kickball, ultimate frisbee, ladder golf and cornhole doubles. CRW is also updating the current walking routes brochure to include the new Catamount 5K so you can enjoy a summer walk around campus.

If your idea of summer fun is to beat the heat indoors, CRW has a variety of activities for you. Group X is offering 10-15 classes per week this summer, for only \$5 per summer session for CRC members. There is a class for everyone from Cycling to PiYo Strength to Power Pump and more. Aqua X will also be offered again this summer. For more information on how to register, continue reading. If that isn't enough, Intramurals is offering indoor activities too including our new favorite, innertube water polo.

Summer is a great time for faculty, staff, and students to continue to develop outside the classroom. CRW is hosting one hands-only CPR class per month to help you learn how to save a life. CRW is also offering summer personal training. This is a great way to get started on a fitness regimen and learn new training techniques.

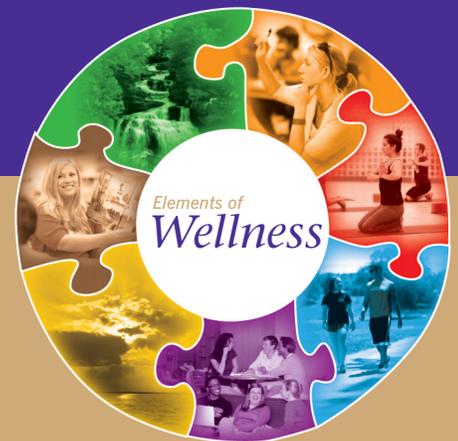
Make your summer a healthier one with Campus Recreation & Wellness. For more information on our programs, services, and summer hours, please visit us on the web at [reccenter.wcu.edu](http://reccenter.wcu.edu).

## Steam Plant Shutdown = Cold Water

The CRC will not have any hot water due to the Steam Plant Annual Shutdown until Saturday, June 15th. Until then, enjoy a cold shower. Cold showers are known to help with muscle soreness after all!

## TRY GREEN TEA

Replace sweet tea with green tea this summer. Not only is green tea refreshing but it can also help boost your metabolism.



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# Summer Intramural Sports



Come join intramural sports for a fun-filled summer! The only pre-registration required is for the Saturday Sand Volleyball Tournament. Registration is available on [imleagues.com/wcu](http://imleagues.com/wcu). Teams who plan to participate must register with at least 2 people by Thursday, June 20th at 8am. For all other events, just show up with your team and your CatCard by the start time. All events are open, meaning any combination of males and females.

EVENT	LOCATION	DAY	DATE	TIME
Sand Volleyball Tournament	Village	Saturday	6/22	12pm
Dodgeball	Reid Upstairs	Thursday	6/27	5pm
Innertube Waterpolo	Reid Pool	Tuesday	7/02	5pm
Laddergolf & Cornhole Doubles	UC Lawn	Tuesday	7/09	5pm
3-on-3 Basketball	CRC Court 2	Thursday	7/11	5pm
Ultimate Frisbee	WCU Stadium	Tuesday	7/16	5pm
4-on-4 Flag Football	IM Fields	Thursday	7/18	5pm
Kickball	IM Fields	Tuesday	7/23	5pm
Disc Lacrosse	Reid Upstairs	Thursday	7/25	5pm
Sand Volleyball Doubles	Village	Tuesday	7/30	5pm

## Get Fit with Group X this Summer

The Summer Session I Group X schedule, which begins on Monday, June 3rd and runs through Wednesday, July 3rd, is only \$5.00 for CRC Members for everything on the schedule. To register, bring your CatCard and \$5.00 cash or check to the CRC anytime we are open.

Please also join us during Summer Session II. Our Group X Summer Session II schedule will run from Friday, July 5th through Friday, August 2nd. Again the cost is only \$5.00 for CRC Members for everything on the schedule. The Summer Session II schedule will be online beginning Monday, July 1st at [reccenter.wcu.edu](http://reccenter.wcu.edu)

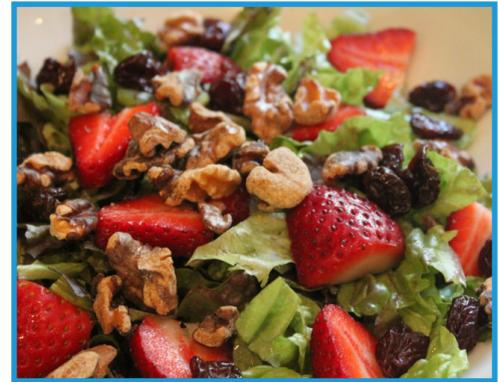
Additionally, CRW will also offer Aqua X this summer. Aqua X runs from Tuesday, June 18th through Thursday, August 1st. Aqua X classes are included in the regular Group X fee for CRC Members. Whee for Life participants may sign up to participate in Aqua X only for only \$10 cash or check. Faculty staff spouses, life partners, or qualified dependents may sign up for Aqua X for only \$25 cash or check for the summer. To register, please visit the CRC. Community members who wish to participate will need to register through Educational Outreach.

SUMMER SESSION 1 June 3 - July 3 GROUP X SCHEDULE			
<b>Monday</b>	6:30 – 7:15 am <i>Sunrise Cycle / Brittany</i> Studio 1	12:10 – 12:55 pm <i>PiYo Strength / Mandy</i> Studio 2	5:15 – 6:00 pm <i>Warrior Workout / Shauna</i> Studio 2
<b>Tuesday</b>		12:10 – 12:55 pm <i>Xpress Cycle + Abs / Mandy</i> Studio 1	5:15 – 6:00 pm <i>Butts &amp; Guts / Marg</i> Studio 2
**Starting June 18; 12:10 – 12:55 pm <i>Aqua Combo / Brittany Reid Pool</i>			
<b>Wednesday</b>		12:10 – 12:55 pm <i>Total Body Conditioning / Kellie</i> Studio 2	5:15 – 6:00 pm <i>Cycle Challenge / Mandy</i> Studio 1
<b>Thursday</b>		12:10 – 12:55 pm <i>Power Pump / Mandy</i> Studio 2	5:15 – 6:00 pm <i>Trim 'n' Tone / Marg</i> Studio 2
**Starting June 20; 12:10 – 12:55 pm <i>Aqua Combo / Shauna Reid Pool</i>			
<b>Friday</b>		12:10 – 12:55 pm <i>321 Jump / Shauna</i> Studio 2	

## Simply Salads

Ever think of ordering a salad and feeling like you're taking the boring option? That the salad will just not "cut it" for your appetite? Maybe you are not spicing it up enough!

Salads do not have to be the House Salad consisting of just iceberg lettuce and the standard veggies – carrots, tomatoes, onions. The word "salad" should mean "anything you want thrown into a bowl, mixed together and topped with something delicious". Try adding ingredients that normally are not seen in a salad – Jerusalem artichokes, zucchini, pears, hazelnuts are just a few. By adding new and exciting ingredients, your salad will offer more vitamins and minerals that you do not normally receive and will refresh your love for salads.



### Make a "chopped" salad

Put all your ingredients (spinach, coleslaw, dry ramen noodles, carrots, snap peas, broccoli) on to a cutting board and chop them all up together into very small pieces. Then toss the salad in a bowl with a small amount of your favorite dressing. By tossing the salad you are more likely to use less dressing as you can see how much dressing you have before you sit down. Top chopped salad with something special like Craisins.

### Wrap it up

Set out large pieces of lettuce – possibly Bib Lettuce- and spoon all salad ingredients into the lettuce wraps then top with protein of some sort. Fold the lettuce around the ingredients and use your hands to eat your new salad wrap.

### Serve ingredients separately

Instead of tossing all the ingredients together, create a "composed salad". On a pretty platter, line up several rows of your favorite ingredients (Greek salads tend to follow this style). Have separate rows of romaine leaves, kalamata olives, pepperoni slices, feta, tomato and fresh basil, for example. Your friends can serve themselves with a bottle of dressing on the side.

### Exciting Salad Ingredients

- Pears
- Mandarin oranges
- Ramen noodles (dry )
- Green olives
- Cottage cheese
- Deli turkey meat
- Fresh herbs
- Hazelnuts
- Low-fat pimento cheese
- Poached egg
- Pickled vegetables
- Exotic hard cheese – shredded
- Make your own salad dressing

### Need Even More Ideas???

Go to your local bookstore and purchase a book all about salads that includes multiple salad recipes.

Surf the internet for new and creative salad ideas and toppings.

Create your own salad dressings and store for later use.

Substitute a marinade, sauces, or salsa for salad dressing.



Contributed by CRW Dietetic Intern, Megan Brown. For nutrition related questions, please e-mail [nutrition@wcu.edu](mailto:nutrition@wcu.edu).

# Hours of Operation Summer Session I & II

## Campus Recreation Center

Monday - Friday 6:00am-8:00pm  
Saturday 9:00am-12:00pm  
Sunday 5:00pm-8:00pm

## Reid Pool (June 17 - August 2)

Monday-Friday 6:00am-8:00am  
Mon, Wed, Fri 12:00pm-1:00pm  
Monday-Friday 3:00pm-5:00pm  
Saturday 10:00am-12:00pm  
Sunday 5:00pm-7:00pm

\*Hours are subject to change due to special groups, maintenance, etc. Please check [reccenter.wcu.edu](http://reccenter.wcu.edu) for up-to-date hours.  
\*\*All facilities closed Thursday, July 4th

# Hands-Only CPR Classes

## What is Hands-Only CPR?

Hands-Only CPR is a potentially lifesaving technique involving no mouth to mouth contact. It is best used in emergencies where someone has seen another person suddenly collapse. The hands-only technique increases the likelihood of surviving cardiac emergencies.



## Getting Trained

Studies have shown that being trained in Hands-Only CPR can make the lifesaving difference when someone suffers sudden cardiac arrest. The class teaches how the hands-only technique can save a life.

## Upcoming Classes

Friday, June 28th	12:10pm-12:50pm	CRC Meeting Room
Friday, July 26th	12:10pm-12:50pm	CRC Meeting Room
Friday, August 9th	12:10pm-12:50pm	CRC Meeting Room

Contact Sandy Terhune, CRW Associate Director, at [slterhune@wcu.edu](mailto:slterhune@wcu.edu) to register.

## EMPLOYEE OF THE MONTH



Charles Tabor started working with CRW in January 2012 as a lifeguard and recently became a CRC Supervisor in January 2013. He is majoring in Environmental Health and Biology at WCU and plans to go to medical school while also getting his masters in public health after he graduates. Charles describes himself as outgoing, friendly, and fun. He says one unique fact is that he has a fraternal twin sister that is one minute older than him. Charles says his favorite part about working at the CRC is "meeting new people, getting to know the patrons, and working with all of the awesome CRW employees." His advice to all his fellow employees is to keep "a positive attitude; a smile never hurts." Congratulations Charles on being selected Employee of the Month!

## MEMBER OF THE MONTH



Laura Ernst was born in Savannah, GA but grew up in Swansboro, NC. She has worked at WCU since August 2011 as a OneStop Advisor in the OneStop Student Service Center. However, Laura also spent her undergraduate years from 2002-2006 and her graduate years from 2008-2010 at WCU. Since getting pregnant, Laura's favorite workouts are Xpress Cycle + Abs and running by herself, but prior to her pregnancy she enjoyed Power Pump, rock climbing, and trail running. Laura states "I find working out at lunch to be a nice way to break up the work day and to reenergize!" Although she has exercised at moderate levels throughout her life, Laura says that it wasn't until 2002 when she came to WCU as a freshman that she began exercising more and tried various active activities such as hiking, whitewater kayaking, and intramural soccer. When asked about any other interesting information about herself, Laura said "The thing I value most is my relationship with Jesus Christ. I'm grateful for the forgiveness and new life I have through Him, and I strive to live a life that overflows with the joy and peace I have in Him. I love experiencing and appreciating the beauty of God's creation while I exercise. I believe that exercise is an important part of taking care of our bodies so that we can enjoy and live life fully." Congratulations Laura and good luck throughout the rest of your pregnancy!

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: [www.wcu.edu/25913.asp](http://www.wcu.edu/25913.asp)



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