



NUTRITION TIP

A good clue to the amount of whole grain in a product is fiber. Choose products with a higher % Daily Value (%DV) of fiber on the Nutrition Facts Label.

Check out our August edition for more information on Nutrition Facts labels.



Get the Lift this Summer!

Are you ready for ice cream, games and a little conversation? In addition to our regular summer programming, Campus Rec & Wellness is teaming up with WHEE (Wellness Helps Employees Excel) 4 Life and the UC for Ice Cream and Games on the UC Lawn every Wednesday afternoon in June and July. There will be horseshoes, Bocce Ball, and Cornhole from 1:30pm – 2:30 pm (ice cream will be available for \$1 from 1:00pm – 3:00pm).

Sand Volleyball, Kickball, and all of our 1-day activities are back again this summer! Get your team of four ready and sign up by June 3rd for some fun in the sun. Check out the full schedule of 1-day activities later in the summer as well. Remember, Intramural Sports activities are open to all WCU students, employees, and spouses so bring your friends and have some fun, you may just win a t-shirt.

If it's a little too hot outside, check out the new June Group X schedule (starting June 1st). For just \$5 you have your pick of noon and evening classes that will get you moving (watch for the July schedule later this month). And of course the CRC will be open regular hours most of the summer so you can get your weight or cardio work out in whenever it's convenient for you. Get the Lift this summer with CRW!

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Attention Faculty, Staff, and Students!

Please take a moment to check out our Intramural Sports and Group X summer schedules. This is a great opportunity to take a break from the everyday grind, have fun, and meet new people! For single day intramural events, just show up with your CatCard.

2011 INTRAMURAL SUMMER SCHEDULE

| Event/Activity | Location | Date | Day of the Week | Time |
|--------------------------|--------------------|----------------|------------------------|---------------|
| Sand Volleyball League* | Village Sand Court | 6.8.11-6.29.11 | M, W | various** |
| Kickball | Camp Lab Fields | 6.14.11 | T | 5:15pm-7:00pm |
| Bocce Ball Doubles | UC Lawn | 7.5.11 | T | 5:15pm |
| Dodgeball | Upstairs Reid Gym | 7.7.11 | Th | 5:15pm |
| 3-on-3 Basketball | CRC Gym | 7.12.11 | T | 5:15pm |
| Cornhole Doubles | UC Lawn | 7.14.11 | Th | 5:15pm |
| Ladder Ball Doubles | UC Lawn | 7.19.11 | T | 5:15pm |
| 4-on-4 Indoor Volleyball | CRC Gym | 7.21.11 | Th | 5:15pm |
| 4-on-4 Flag Football | Camp Lab Fields | 7.26.11 | T | 5:15pm |
| Ultimate Frisbee | Camp Lab Fields | 7.28.11 | Th | 5:15pm |

*Sand Volleyball League: Sign-ups will take place through imleagues.com. Teams will need to be signed up online by June 3rd to be eligible to play.

**Schedules will be posted on imleagues.com.

GET FIT WITH GROUP X THIS SUMMER

The Summer Session I Group X schedule, which begins on Wednesday, June 1st and runs through Friday, July 1st, is now available. The cost is only \$5.00 for CRC Members for everything on the schedule. To register, bring your CatCard, \$5.00 cash or check, and visit the CRC.

Please also join us during Summer Session II. Our Group X Summer Session II schedule will run from Tuesday, July 5th, through Friday, August 5th. Again the cost is only \$5.00 for CRC Members for everything on the schedule. The Summer Session II schedule will be online beginning Tuesday, June 28th, at reccenter.wcu.edu.

SUMMER SESSION I SCHEDULE: JUNE 1ST - JULY 1ST

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|--|--|---|---|
| 12:10pm-12:50pm | Power Pump <i>Shauna</i> Studio 2 | Yoga <i>Angie</i> Studio 2 | Cardio Strength Interval <i>Shauna</i> Studio 1 | Zumba <i>Brandon</i> Studio 1 | Step 'n' Strength <i>Kellie</i> Studio 2 |
| 5:15pm-6:00pm | Cycle Challenge <i>Ashley</i> Studio 1 | Outdoor Fitness <i>Ashley</i> Meet in CRC Lobby | Butts & Guts <i>Emily</i> Studio 2 | Pilates <i>Ashley</i> Studio 2 | |



BUTTS & GUTS: Hit both areas in this dynamic sculpt class.

CARDIO STRENGTH INTERVAL: Trim and tone in this combination class involving short cardio bouts followed by short strength bouts.

CYCLE CHALLENGE: Interval drills cycle class to challenge your strength and endurance.

OUTDOOR FITNESS: Get a great workout using just you and the surroundings of the great outdoors.

PILATES: Mat-based class to improve core stability, muscle control, strength, and flexibility.

POWER PUMP: A structured strength class utilizing barbell and weight plates to tone and strengthen total body.

STEP 'N' STRENGTH: Step it up, then tone it up with combination strength movements.

YOGA: Learn the asanas (postures) for a better understanding of yoga benefits.

ZUMBA: Add some zest to your workout routine with fast and slow latin rhythms with easy-to-follow moves.

The Dietary Guidelines for Americans, 2010

Every five years new dietary guidelines are created to best reflect health data and scientific studies. In January the latest guidelines were introduced. A chart with food groups and ounce equivalent needs by gender and age can be useful to some but most find it unhelpful and slightly annoying. So let's keep it simple with the highlights of the report.

WANT MORE INFORMATION?

Interested in the exact amounts needed from each food group?

Check out: MyPyramid.gov

Question? Email: nutrition.wcu.edu

EAT LESS

Enjoy food but always eat in moderation and not in excess.

WATCH PORTION SIZES

Portion sizes have greatly increased and many restaurant meals are enough food for two people, not one.

WATCH THE SODIUM

Read the food label to compare items based on sodium content and choose the item with less salt. The salt in some tomato sauces and soups is surprising.



TRY LOWER-FAT MILK

Did you know skim (nonfat) milk has more calcium than whole milk? There is no calcium in milk fat, so when it's removed that leaves more room for the milk portion that does contain calcium.



DRINK MORE WATER

Water hydrates you and contains no calories. Sugary drinks (including juice) can add up quickly. There are 77g of sugar in some vending machine sodas. Several flavored coffee beverages have well over 400g.



EAT MORE VEGETABLES

A good rule is to make half the plate vegetables. Vegetables are relatively low in calories and full of nutrients.



Source: <http://www.cnpp.usda.gov/publications/dietaryguidelines/2010/policydoc/selectedmessages.pdf>



Hours of Operation

CAMPUS RECREATION CENTER

June 1st - August 5th*

Monday-Friday 6:00am-8:00pm

Saturday 9:00am-12:00pm

Sunday 5:00pm-8:00pm

*The CRC will be closed July 2nd - July 4th for the holiday weekend. Additionally, the CRC will close at 2:00pm on Friday, August 5th.

REID POOL

June 13th - August 5th*

Monday-Friday 6:00am-8:00am**, 12:00pm-1:00pm, 3:00pm-5:00pm

Saturday 10:00am-12:00pm

Sunday 5:00pm-7:00pm

*Reid Pool will be closed July 2nd - July 4th for the holiday weekend. Additionally, Reid Pool will close after the 12:00pm-1:00pm shift on Friday, August 5th.

**Lap swim only, all other times Lap/Rec/Family Swim

EMPLOYEE OF THE MONTH



Donovan Howell is our Intramural Specialist and is a tremendous asset to the Intramural Sports program. He is from Taylorsville, North Carolina and is majoring in Computer Information Systems. After he graduates he plans on finding a job in Networking or Systems Operations. Donovan says he enjoys working at Campus Rec & Wellness because the staff create a warm environment and are fun to work with. Donovan's hobbies include playing the piano as well as bass guitar for church and weddings. His favorite sport to watch is: "PHILADELPHIA EAGLES FOOTBALL!!!" If he could travel anywhere, Donovan would choose to visit Africa and if he won \$50 million in the lottery, he would donate \$2 million to

his church, and then buy his parents as well as himself a nice house.

MEMBER OF THE MONTH



Bill Ogletree is Professor and Head of the Department of Communication Sciences and Disorders and has been at WCU for 19 years. He is originally from Hattiesburg, Mississippi. Bill is a regular at the Campus Rec Center and we can count on seeing him just about everyday. His favorite time to visit us is during his lunch hour when he does a free weight rotation with some cardio to cap off his workout. He knows the value of a healthy lifestyle as evidenced by his lifting and exercising regularly since 1984! Bill likes to play the guitar as well as a little mandolin and banjo. He also enjoys spending some of his time fly fishing. Keep up the good work!

theLift

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



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