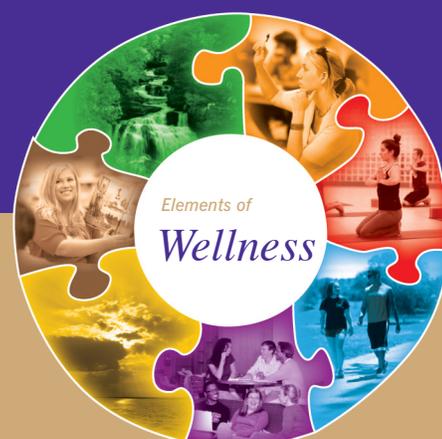




March Madness

Support your Catamounts beginning March 7th at the Southern Conference Basketball Championships in Asheville, NC.



March is National Nutrition Month

March is National Nutrition Month and www.choosemyplate.gov, has some great resources and information to help get you nutritionally on track. Eating healthfully is really about making informed decisions, so it is important to know what you are and what you should be putting into your body. This website highlights the five food groups, which includes dairy, grains, vegetables, fruits, and protein foods. It also has some great nutrition tips as part of the 10 tips nutrition education series and it also has a way for you to track your nutrition through the "Supertracker" site. The 10 tips nutrition

education series features tips such as "Eating better on a budget" or "Be choosy in the dining hall".

Regardless of your nutrition goals, this site has something for everyone. Remember that making changes takes time, so allow yourself to make changes gradually. By not trying to do too much at once, you will have a greater chance of creating and maintaining a healthier lifestyle.



Collegiate Cycling Race

The Cycling Team at WCU will host a USA Cycling Collegiate Road Race on March 22nd & 23rd. Saturday's race will consist of a time trial beginning at 9am and a road race beginning at 1pm, both of which will have start zones around the HHS building on Little Savannah Road. Sunday's race will consist of a criterium race. The team named the race "Airport

Assault", since the climb to the airport is a major feature of the races.

If you travel around WCU or Webster on Saturday, March 22nd, please be careful and pay attention to racers. If you or your organization is interested in volunteering to assist at the race, please contact Shauna Sage at sage@wcu.edu.

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Intramural Sports

Basketball Championship Night

Come cheer on your favorite team or watch some great basketball at the Intramural Sports Basketball Championship Night at the Ramsey Center on Wednesday, March 5th. Games will be played from 7pm-11pm. Championship games for Men's Competitive, CoRec, Women's and Men's Rec vs Greek will be held. Times for each game TBD.

Softball League

Sign-ups due by Monday, March 9th at 11:55pm. Play Starts Monday March, 18th on the Camp Lab Fields. Leagues include Men's, CoRec, Greek, and Women's.

**Scrimmage games are being hosted for officials training on Tuesday, March 18th. Please call 227-8807 or email jdjohnston@wcu.edu to request a scrimmage game.*

Sign up for all IM events through imleagues.com!

All leagues and most tournaments/events require pre-registration beforehand unless otherwise stated. Please check out the sport information page on imleagues.com/wcu for details, registration procedures, policies, and rules. Players must create an account and join their team through imleagues.com. Visit imleagues.com/wcu.

EVENT	LOCATION	EVENT DATE	REGISTER BY	TIME
Free Throw & 3-Point Contest	Reid Gym	3/3 & 3/4	show up with cat card	6-8pm
Tennis Doubles League	Tennis Courts	3/17	3/16	any time
CoRec Inner Tube Water Polo	Reid Pool	3/29	3/26	6pm
March Madness Bracket Challenge	IM Leagues website	3/20	3/20	12pm
Badminton Doubles	Reid Gym	3/25	3/23	6pm

Valley of the Lilies Half-Marathon & 5K

Time's running out to sign up for the Valley of the Lilies Half Marathon or 5K! Even if you haven't been training, you can still do it – walkers are welcome in our 5k Run/Walk! Sign up today at imathlete.com and be a part of this great WCU tradition!

Race Date: Saturday, April 5th, 2014
Time: Half Marathon starts at 8am, 5K starts at 8:15

For more info, 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!

Student Employment

Campus Recreation & Wellness is now accepting applications for Summer and Fall 2014. All application materials are due to the CRC by Monday, March 31st, 2014. Check out reccenter.wcu.edu, under "About Us", then "Student Employment" for all available positions and application requirements.

Rock n' Rumble March 22

The Climbing Team at Western Carolina University will host the annual Rock'n'Rumble collegiate climbing competition on Saturday, March 22nd in the Campus Recreation Center. Stop by the CRC to check out the action!

Max the Lift with Group X

Group Exercise is a great way to "lift" your mind, body, and spirit. As the end of the semester approaches, let the group x classes help you reduce some stress and assist you in achieving your health and fitness goals. Check out the latest Group X schedule on the CRC website. It begins March 17 and ends on May 2. Purchase a group x pass anytime the CRC is open.

Eat Green on St. Patrick's Day

It is proven that the majority of the US population doesn't get the recommended amount of vegetables in their diet per day. Not only are there dark green vegetables that need to be eaten to stay healthy, there are other colored vegetable groups that need to be incorporated into ones diet as well. There is a red and orange vegetable group, starchy vegetable groups, beans and peas group, and other vegetables.

Serving sizes are as follows: 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.

Dark green vegetables:

For these vegetables it is recommended that women consume 1½ cups and men consume 2 cups per week of dark green vegetables. This can include broccoli, greens (collards, mustard, turnip, kale), and raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole.)

Red and Orange Vegetables:

For red and orange vegetables it is recommended that women get 5 ½ cups and men get 6 cups per week. This includes carrots, pumpkin, red peppers, tomatoes and tomato juice, sweet potatoes, and winter squash (acorn, butternut, hubbard).

Beans and Peas:

As for beans and peas 1½ cups should be consumed for women and 2 cups for men per week. These can include dry beans and peas

(black, garbanzo, kidney, pinto, soy beans, black eyed peas, and split peas).

Starchy Vegetables:

The recommended intake amounts for women are 5 cups and 6 cups for men per week. These include corn, green peas, and white potatoes.

Other Vegetables:

The recommended amounts for women are 4 cups and for men 5 cups per week. This includes bean sprouts, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, lettuce (iceberg, head), mushrooms, onions, summer squash or zucchini.

Vegetables are important sources of many nutrients they are low in calories and fats, and high in fiber, potassium, dietary fiber, Folate (folic acid), vitamin A, and vitamin C.

Always remember to fill half of your plate with fruits and vegetables.

Contributed by Jasea Painter, CRW Dietetic Intern and www.choosemyplate.gov



Catamounts Kick Butts!

Are you interested in tobacco cessation? Not sure where or how to start? Then this class is for you! It is focused on information and support to start you on your way! It will be a place to connect with others and gain support to keep you on track. This is a one hour class with future support to be offered.

Dates: Mon., Mar. 3 or Wed., Mar. 5
Time: 4-5pm Location: CRC Meeting Room

Please register at: <http://goo.gl/dk02m2> or go to the CRC website under Whee Love Quitters.

If you cannot attend either of these sessions, please go to the registration page and check the "interested in another time" tab.

For further information please contact Christy Wyatt at 828-227-7469 or Mandy Dockendorf at 828-227-8804.

Indoor Triathlon

Mon., Mar. 24th, 10am - 8pm
Sign up in the CRC, or online at reccenter.wcu.edu: recreation & wellness: special events

Divisions:
Individual Student 21 & under: Male, Female
Individual Student 22 & over: Male, Female
Faculty/Staff: Male, Female
Teams: Male, Female, & CoRec

Winners receive a free dri-fit t-shirt. Participants may purchase a shirt on race day. Shirts will be ordered after the event. Faculty/staff must either be members of the CRC or pay a \$5 one-day guest pass fee to participate.

Mind-Body Experiment

Wednesday, March 19 from 7:00-8:00pm in Studio 1

With guest instructor Chad Hallyburton you'll explore the 'constant center' that connects each person to their core values, and learn to better tap this resource in an ever-changing world.

Personal Training and Personalized Attention

Are you looking for a personalized training program? Do you want to meet specific fitness goals or train for a particular event? If so, sign up to meet with one of our certified personal trainers today. Our trainers provide you with a fitness assessment to determine your current fitness level and determine the best course of action to meet your goals. There are a variety of training packages available. For more information, inquire at the Campus Recreation Center.



Spring Break Hours of Operation

Campus Recreation Center

Fri, May 7: 6am-7pm
Sat, Mar 8 & Sun, Mar 9: Closed
Mon, Mar 10– Fri, Mar 14: 11am-7pm
Sat, Mar 15: Closed
Sun, Mar 16: 5pm-9pm
Mon, Mar 17: Resume Regular Spring
2014 Hours

Reid Pool

Fri, Mar 7: Pool Closes at 6pm
Sat, Mar 8 – Sat, Mar 15: Closed
Sun, Mar 16 5pm-8pm
Mon, Mar 17: Resume Regular Spring
2014 Hours

theLift

theLift is a publication of Campus
Recreation & Wellness at WCU

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



Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

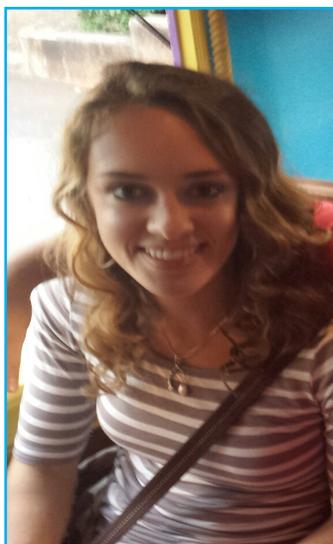
WCU is a University of North Carolina campus and an
Equal Opportunity Institution.

Dance Marathon Hours of Operation

The CRC will close at noon on Saturday, March 1st for Dance Marathon. Dance Marathon is a 12-hour philanthropic event that supports the Children's Miracle Network. The event will be held from noon-midnight in the Campus Recreation Center on Saturday, March 1st and the CRC will need to close to accommodate the 400 plus dancers expected at the event. Thank you for your understanding and support of this student program.



EMPLOYEE OF THE MONTH

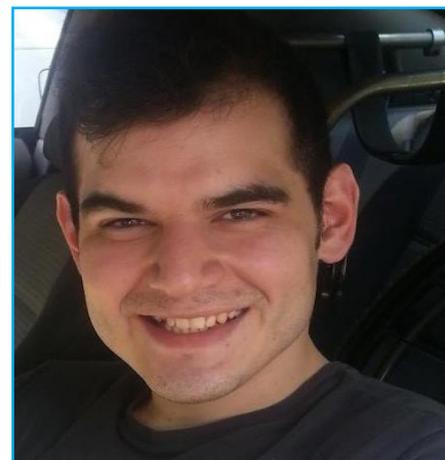


This is Julia Harrills's first semester working at the CRC as a Group eXercise instructor. Her favorite part of working here is getting to help and encourage members to push themselves their hardest while exercising and seeing them improve. She advises fellow student employees to encourage others to utilize the CRC as much as possible and take advantage of all the options it provides. Julia is a Nutrition major who wants to become a registered dietician and lifestyle coach, combining nutrition and personal training for weight loss patients. She describes herself as very determined and likes to set high goals and challenge herself. A unique fact about Julia is that she was on a unicycle team when she was younger. Thanks for your hard work Julia! We are excited to have you as part of the CRW team.



MEMBER OF THE MONTH

Anthony Walker is originally from Conover, NC, which is about two hours east of WCU. His favorite workout is chest and any kind of upper body strength training. He prefers to work out in the morning. As a Nutrition major, Anthony believes that nutrition and exercise go hand in hand. Proper nutrition and exercise help a person become the best version of themselves. He also thinks working out is a good stress reliever. One of Anthony's hobbies is playing guitar. Congratulations Anthony, on being chosen CRC Member of the Month! We admire your dedication.



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.