



## Spring Cleaning at the CRC

Spring is a time when we get to reflect back on the academic year and take time to think about ways to improve our programs and services. As we do so, we welcome feedback in our feedback box upstairs in the CRC near the drinking fountain.

One of the annual ways we improve our services is through our annual maintenance shutdown. Each year we try to keep this shutdown to a minimum to inconvenience as few people as possible. This year the Campus Recreation Center will close for annual maintenance Friday, May 9th - Monday, May 12th. During this time, CRW will refinish the gym floor, which involves strong chemicals patrons should not inhale while working out. For those sensitive to odors, there will be a minor smell upon reopening on Tuesday, May 13th. Additionally, CRW staff will work to complete other annual maintenance items during this time. We appreciate your understanding!

If you are looking for ways to workout during our shutdown, we suggest getting outside to

walk, jog, or use the WCU Trail System. It is also a great opportunity to take a local hike. CRW will offer a group walk on Monday, May 12th so read on for more information.

## A Note About Permanent Lockers

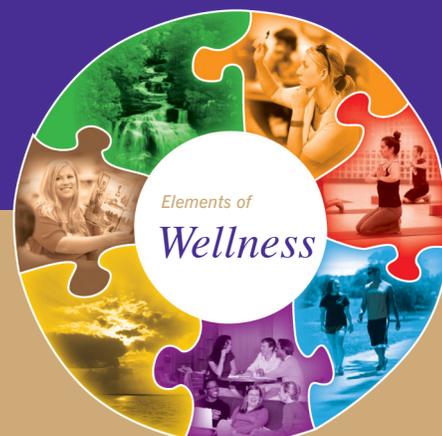
We currently have a long waiting list for permanent lockers at the CRC. If you are not utilizing your permanent locker, please return your key to the CRC so we can issue it to another member.

Semester membership holders with a permanent locker, please renew your membership for the summer by Friday, May 2nd or turn in your locker key prior to that date.

Lastly, we will be vacuuming and disinfecting lockers during our annual shutdown. If you are a permanent locker holder, please remove your items by the Thursday of finals week. If you choose not to remove your items, we will remove them and place them back in your locker.

## Summer Renewal

Stop in to renew your membership or join family swim for Summer 2014. Renewals and registrations for summer begin May 1st.



## INSIDE THIS ISSUE

Spring Cleaning at the CRC  
A Note About Permanent Lockers  
Intramural Sports  
Club Sport of the Year  
Club Officer of the Year  
Summer Membership  
Congratulations to our Graduating Seniors  
Let In the Light and Vitamin D  
Get Fit & Have Fun with Group X  
Hours of Operation  
Dance Team Nationals  
Employee of the Month  
Member of the Month

## Intramural Sports



The Intramural Sports program would like to thank all the participants who came out to play this year. We hope each of you had a blast and are looking forward to next year. Congratulations to all the Intramural Champions! Wear those shirts proudly!

Are you taking summer classes or hanging around the Whee this summer? Well we have Intramural Sports for you! Check out the schedule on the reccenter website or imleagues later in May.

## Club Sport of the Year

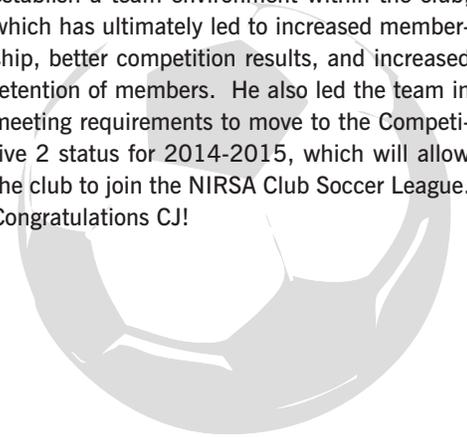
The Cycling Team at Western Carolina University received the Club Sport of the Year award and was recognized at the Celebrate Excellence Award Ceremony on April 21st. In addition to hosting their first ever home collegiate competition with 18 other institutions and nearly 150 riders, the team also increased the number of competitive riders, attended more competitions overall, and had better results overall than in past years.

Additionally, the club raised over \$2,000 this season. Congratulations to the Cycling Team!



## Club Officer of the Year

CJ Young, President of the Men's Soccer Club, recently received the Club Officer of the Year designation for 2013-2014. CJ has worked to establish a team environment within the club, which has ultimately led to increased membership, better competition results, and increased retention of members. He also led the team in meeting requirements to move to the Competitive 2 status for 2014-2015, which will allow the club to join the NIRSA Club Soccer League. Congratulations CJ!



## Summer Membership

Faculty/Staff may purchase summer memberships beginning May 1st for \$60 for the entire summer. The summer membership period runs from May 1st – August 31st. Payroll deduction is also available for \$15.00 per month and is the only way to pro-rate a membership. Semester memberships are also available for life partners, spouses and dependents who meet specific criteria. For more information on semester membership pricing, visit our website at [reccenter.wcu.edu](http://reccenter.wcu.edu).

Students who are not enrolled in summer classes but are registered for fall semester, or students who are enrolled in summer classes but do not pay the associated fees to use the CRC, may purchase a membership. Student rates are as follows:

- May Minimester - \$15
- Summer Session I - \$20
- Summer Session 2 - \$20
- Full Summer Student Semester Membership - \$55

## Congratulations to our Graduating Seniors

CRW congratulates our student staff members who are graduating this spring. We thank you for your dedication and service to Campus Recreation & Wellness. Best of luck in the future!



### Fitness & Wellness

Jonathan Alden  
Courtney Dobner  
Brittany Doll  
Alex Hairston

### CRC Supervisors

Haley Huffman  
Sean Kremer  
Erika Swanger  
Colby White

### Recreation Assistants

Brielle Ford  
Maleek Gilliam  
Jennifer Russell

### Official

Landon Tucker

### Lifeguard

Blair Altman

### Intramural Supervisors

Tyler Pope  
Bobby Zike

## Let In the Light and Vitamin D

### What is Vitamin D?

• Vitamin D is a nutrient that is found in foods and can be also produced by our bodies through synthesis when our skin comes in contact with sunlight.

### What is Vitamin D's purpose in my body?

- It helps our bodies maintain strong bones by assisting them in absorbing calcium.
- It helps our nerves carry messages from our brain to our muscles.
- It helps older adults absorb calcium to prevent osteoporosis.
- Our immune systems need Vitamin D to fight off infections.
- It helps to reduce exercise related inflammation.

### How much Vitamin D do I need?

- Birth to 12 months: 400 IU
- Children 1-13 yrs.: 600 IU
- Teens 14-18 yrs.: 600 IU
- Adults 19-70 yrs.: 600 IU
- Adults >70 yrs.: 800 IU
- Breastfeeding and pregnant women: 600IU

### What foods do I need to eat that provide Vitamin D?

- Fatty fish: salmon, tuna, and mackerel
- Beef liver, cheese, and egg yolks
- Mushrooms
- Fortified milk, breakfast cereals, some orange juices, yogurt, margarine and soy beverages

### Can Supplements help?

- Supplements can help with Vitamin D levels, and the best types are supplements with

Vitamin D2 and D3.

### What are the risks of not getting enough Vitamin D?

- In children it can cause rickets (a condition where the bones become soft and bend).
- In adults it can cause a condition called osteomalacia (a condition that causes muscle weakness and bone pain).

### What should my Vitamin D levels be?

- Blood levels below 30 nmol/L are considered to be too low for adequate bone and overall health.
- Blood levels of vitamin D 125 nmol/L are considered too high.
- Blood level 50 nmol/L or above are considered a healthy range for most.

### Can too much Vitamin D hurt me?

- Yes, if Vitamin D is too high in the blood it can cause a toxicity that can have side effects like nausea, vomiting, poor appetite, constipation, weight loss and weakness.
- Too much Vitamin D can also damage your kidneys.
- If too much Vitamin D is in the blood this causes the amount of calcium in the blood to rise as well, which can cause confusion, disorientation, and heart rhythm problems.

Contributed by Jasea Painter, CRW dietetic intern and <http://ods.od.nih.gov>  
If you have a nutrition-related question, sign up for Nutrition Services at the CRC or email [nutrition@wcu.edu](mailto:nutrition@wcu.edu).



## Get Fit & Have Fun with Group X

During the month of May, we want all members to experience the benefits of Group X. That is why we are offering three FREE weeks of classes! The Monday, Tuesday and Thursday classes will be offered from 12:10pm-12:55pm and the Wednesday classes will be offered from 5:15pm-6:00pm. Grab your co-workers and friends to experience some fitness fun with Group X!



Group Walk with Mandy  
Monday, May 12 (Outside the CRC)

Yoga w/Kellie  
Tuesday, May 13 (Studio 2)

Trim 'n' Tone with Marg  
Wednesday, May 14 (Studio 2)

Step with Shauna  
Thursday, May 15 (Studio 2)

Group Walk with Mandy  
Monday, May 19 (Outside the CRC)

PiYo Strength with Mandy  
Tuesday, May 20 (Studio 2)

Cycle Challenge with Mandy  
Wednesday, May 21 (Studio 1)

321 Jump with Shauna  
Thursday, May 22 (Studio 2)

Group Walk with Mandy  
Monday, May 26 (Outside the CRC)

Xpress Cycle + Abs with Mandy  
Tuesday, May 27 (Studio 1)

PiYo Strength with Marg  
Wednesday, May 28 (Studio 2)

Power Pump with Mandy  
Thursday, May 29 (Studio 2)

## Hours of Operation

### Campus Recreation Center

May 1– May 8: Regular Spring 2014 Hours  
May 9 – May 12: Closed for Annual Shutdown  
May 13– May 16: 11am-7pm  
May 19 – May 23: 11am-7pm  
May 26 – May 30: 11am-7pm  
\*Closed for Minimester Weekends

### Steam Plant Shutdown - No Hot Water & Pool Closing

Due to the University's central steam plant shutdown, the Campus Recreation Center will not have hot water for showers, etc. from Wednesday, May 28th – Friday, June 13th. We apologize for the inconvenience!

Additionally, Reid Pool is closed from Wednesday, May 28th - Friday, June 13th due to the steam plant shutdown.

# theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



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& Wellness

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[reccenter.wcu.edu](http://reccenter.wcu.edu)

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

## Dance Team Nationals

Congratulations to the WCU Dance Team on their second Nationals appearance and 5th place finish overall! The team traveled to the National Dance Alliance National Championships in Daytona Beach, FL April 9th – April 13th. The team competed in the “open dance” category against 21 other institutions and placed 7th in the first round to give them a bid to finals, which is reserved for the top 50%. Going into day two, the team was aware they were only 0.08 points off the 3rd place team so there was a good chance to improve their standing. The team improved by 0.15 on the second day to move them up to 5th place nationally. This is the first time the team has received national recognition. We appreciate all the hard work and dedication that went into representing WCU!



## EMPLOYEE OF THE MONTH



Maleek Gilliam has worked for Campus Recreation & Wellness for a year. His favorite part about working at the CRC is interacting with customers because he meets new people every day. His advice to fellow employees is that you're going to meet people who are not always the nicest. You just have to remember to be polite and follow the CRW rules and regulations. Maleek's major is Sports Education. After graduation he plans to work in a gym facility. He describes himself as very easygoing and he gets along with people well. One unique thing about Maleek is that he likes to write raps in his spare time. Thanks for all your hard work Maleek! Congratulations on being chosen Employee of the Month.



## MEMBER OF THE MONTH

D.J. Rivenbark is originally from Murphy, NC. He is graduating this May with a major in Business Management. He plans to use his degree to start a successful career. D.J. likes to lift weights with his friends and plans his workouts around whenever they are going to lift. He has been exercising for two years, and he also likes to fish and play sports. Congratulations on being chosen Member of the Month, D.J.! We admire your dedication and workout consistency.



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.