



TIME TO RENEW

The summer semester for memberships and Family Swim begins May 1. Be sure to renew yours today!

Spend Summer with Us

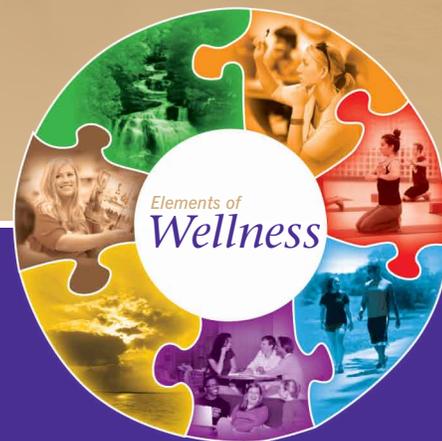
It's that time of year again when seniors leave to embark on new journeys; some students return home for summer jobs or internships, while camps and conferences begin to take shape on campus. It's a time when faculty and staff are in "catch up" and "prep" mode to finish out one academic year and get ready for the next. The campus is a bit quieter and it is up to those of us on campus to create the action. We know the Department of Campus Recreation & Wellness can help!

Besides the CRC being open Monday through Friday during most of May (check out the hours of operation section for details), we will also offer some other opportunities to keep up your fitness. First, don't forget about Reid Pool. Reid Pool is free to all faculty and staff with a valid Cat Card and there is no better way to cool off in the summer. Also, check out the FREE Group X offerings for members, including a new offering PiYo™. And that's not all – during our annual shutdown week (Wednesday, May 23 – Tuesday, May 29), we will offer some noon outdoor fitness options for anyone interested. Check out the shutdown week article for more information on the offerings.

Lastly, don't forget that memberships are available during the summer months for faculty, staff, and students who are registered for the Fall 2012 semester or a portion of Summer 2012. Please let us know how we can help you reach your fitness and wellness goals and look for our June/July Newsletter for summer Intramural information, more Group X offerings, and nutrition tips from our nutrition interns.

Disc Golf Club Qualifies for Nationals

The Disc Golf Club at Western Carolina University qualified for nationals at a regional qualifier event in Georgia on Thursday, April 12. During the two qualifier rounds, a member on the Disc Golf Club, Ryan Kastle, had three aces. The Disc Golf Club advanced to nationals the weekend of April 13. The team finished 35th nationally and plans to compete again next year. Congratulations Disc Golf!



INSIDE THIS ISSUE

- Locker Key Return
- Group X May Schedule
- CRC Shutdown Week
- Nutrition: Cruciferous Vegetables
- Steam Plant Shutdown
- Hours of Operation

Congratulations to our Staff of the Year

Help us to congratulate our “staff of the year” who were recognized at our Student Staff Recognition on Sunday, April 22. Thank you to all Campus Recreation & Wellness student staff for all of your hard work during 2011-2012!

CRC Supervisor - Hannah Woody
 Group X Instructor - Amanda Kouri
 Intramural Official - Phil Jackson
 Intramural Scorekeeper - Leigh Moseley
 Intramural Supervisor - Hanah Curtis

Lifeguard - Steph Nordin
 Peer Educator - James Fincannon
 Personal Trainer - Doug Bishop
 Recreation Assistant - Sean Kremer
 Employee of the Year - Ashley O'Neal

Locker Clean Out and Key Return

Long-term locker holders – it’s that time again! All lockers will be disinfected during our annual shutdown week at the CRC (Wednesday, May 23 – Tuesday, May 29). Since the CRC is closed during that time, you will not be able to access your belongings. Therefore, it may be best to clear out your locker by Tuesday, May 22. Otherwise, we are willing to work around your belongings.

Payroll deduction members, you do not need to turn in your key. Non-payroll deduction members, you will need to either return your key or renew your membership for Summer 2012 by Friday, May 4. If you choose to return your key, please remember that the next time you want a long-term locker, you will need to go back on the waiting list. If you currently do not use your locker, regardless of your payroll status, please consider returning your key to provide someone on the wait list the opportunity to receive a long-term locker.

CRC Annual Shutdown

The Campus Recreation Center will close for annual maintenance Wednesday, May 23 – Tuesday, May 29. During this time, CRW will refinish the gym floor which involves chemicals that patrons should not inhale while working out. Additionally, CRW staff will complete other annual maintenance items during this time. We appreciate your understanding!

New this year, we will provide free outdoor opportunities for CRC members and Whee for Life participants during our annual shutdown, as this is the perfect opportunity for you to take your workout outdoors. Outdoor opportunities are led by Shauna Sage and Mandy Dockendorf. Please meet outside the front doors of the Campus Recreation Center and be sure to wear tennis shoes! Group Walks are open to all fitness levels. Outdoor Fitness will involve some jogging and other cardio segments, along with toning exercises. All classes are from 12:10pm-12:50pm.

Wed., May 23	Thurs., May 24	Fri., May 25	Mon., May 28	Tues., May 29
Group Walk	Outdoor Fitness	Group Walk	Group Walk	Outdoor Fitness

Get Fit and Have Fun with Group X

During the month of May, we want all members and Whee for Life participants to experience the benefits of Group X! That is why we are offering two FREE weeks of classes. The Monday and Wednesday classes will be offered from 12:10pm-12:50pm and the Tuesday and Thursday classes will be offered from 5:15pm-6:00pm. Grab your co-workers and friends and experience fun fitness with Group X!

See the shutdown week schedule to check out the fitness activities the CRW will offer while the building is closed from May 23-29.

Monday	Tuesday	Wednesday	Thursday
May 7 Power Pump Studio 2 Mandy	May 8 Cycle Challenge Studio 1 Ashley	May 9 3-2-1 Jump Studio 2 Shauna	May 10 Yoga Studio 2 Erin
May 14 PiYo Strength Studio 2 Ashley	May 15 Power Pump Studio 2 Catherine	May 16 Butts & Guts Studio 2 Emily	May 17 Kickboxing Studio 1 Ashley



Club Sport of the Year 2011-2012

Congratulations to the Men's Rugby Football Club on receiving Club Sport of the Year. The Men's Rugby Football Club at Western Carolina University has not only improved significantly in terms of communication and active participation over the past few years, but the club was also more competitive during 2011-2012. The team started off the season by raising over \$2,000 to assist them in their endeavors throughout this season. The team also hosted several home games including two alumni matches, a regional coaching clinic, the Matrix Tournament for the Dogwood League, and two other individual matches against teams. The club also worked to find a solution for a regulation size home field. Lastly, the club attended meetings, participated in multiple community service events, and worked closely with the newly formed Women's Rugby Football Club at Western Carolina University. The efforts of the club and its officers, mainly President Jeff McCrorey, certainly do not go unrecognized. Congratulations on a job well done!

Personal Training

In need of someone to help you achieve your goals or keep you motivated? A Personal Trainer can help you do just that! They will help you achieve your goals, keep you motivated, and develop a workout plan specific to your needs. Stop by the CRC today to sign up for Personal Training and start making progress towards your goals tomorrow!

Get Outdoors

The warm weather is back and it's a great time to take your fitness activities outside! There are endless activities that can help you get into shape or maintain your fitness level. Try finding a new activity to challenge yourself and have some fun! You could go hiking, climbing, biking, walking, or swimming. You could also participate in a softball league or grab a friend and play tennis, a round of golf, or try your hand at disc golf.



Are you getting enough cruciferous vegetables in your diet?

The name cruciferous comes from the cross-shaped petals. Some examples of cruciferous vegetables include broccoli, cauliflower, cabbage, kale, collard greens, brussels sprouts, rutabagas, bok choy, turnips, radishes, watercress, kohlrabi, and arugula.

SUPER-VEGGIES

Studies have shown that cruciferous vegetables have powerful cancer fighting ingredients. One of the phytonutrients found in this super-vegie group is called sulforaphane. Sulforaphane has been shown to stimulate enzymes in the body that detoxify carcinogens (those cancer causing substances we interact with every day) before they can damage cells. The American Institute for Cancer Research has found these super-veggies and their components can help fight breast, liver, colon, and cervical cancer.

In addition to the cancer preventing properties of cruciferous vegetables, these super-veggies are nutrient rich. All are good sources of folate, vitamin C, vitamin K, fiber, manganese, potassium, folate, vitamin B6, as well as small amounts of many other beneficial nutrients.

ADD MORE SUPER-VEGGIES TO YOUR DIET

The recommended amount of vegetables to eat daily is 2 ½ cups. Make sure cruciferous vegetables are a staple in your daily meals. Add cruciferous veggies to your salad; try them steamed, or fresh. Explore creative recipes that include vegetables from this group. Make your own slaw using cabbage and add some other vegetables. Don't forget about healthy snacking! Cruciferous vegetables make great snacks. Take broccoli or cauliflower florets with you on the go and add eat them with some low-fat dressing for a great snack.

Remember, eating a balanced diet is the best way to ensure you are getting adequate nutrients. So don't forget to include a variety of vegetables in with your everyday meals. Eating a well-balanced diet in combination with exercise can significantly decrease your risk for many chronic diseases. Don't rely on just one type of food to keep you healthy.



If you have a nutrition-related question, please email nutrition@wcu.edu.

For more information on cruciferous vegetables, please visit: <http://www.aicr.org/foods-that-fight-cancer/broccoli-cruciferous.html?gclid=CO-z65jY864CFbNk7AodLmGtKg>

For recipe ideas visit: <http://blog.foodnetwork.com/healthyeats/2012/02/04/cancer-prevention-cruciferous-veggies/>

Contributed by Ben Henson, CRW Dietetic Intern



Hours of Operation

CAMPUS RECREATION CENTER

May 7 - May 11, 11am-7pm
May 14 - May 18, 11am-7pm
May 21 - May 22, 11am-7pm
May 23 - May 29, Closed
May 30, 11am-7pm
May 31 - June 1, 6am-8pm
Closed Weekends

REID POOL

May 7 - May 11, 11am-1pm
May 14 - May 18, 11am-1pm
May 21 - May 22, 11am-1pm
May 23 - June 10, Closed
Closed Weekends

theLift

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



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Congratulations to the 2012-2013 WCU Dance Team

Campus Recreation & Wellness would like to thank all the attendees and judges from the 2012-2013 tryouts hosted on Saturday, April 14. Tryout attendees were required to complete several judged portions throughout the day including interviews, a timed run, technique, pom routines, and technical routines. Congratulations to those individuals who made the 2012-2013 squad. We look forward to working with you! Larissa Capps, Kelby Faw, Ariel Hedgepeth, Dawn Henderson, Tevin Henderson, Meredith Ivey, Mary Beth King, Brittany Parker, Haley Rossman, Ariel Schnell, Shani Searcy, Kaitlyn Sizemore, Will Stewart

Congratulations to our CRW graduating seniors

We thank you for your work with Campus Recreation & Wellness and wish you the best of luck in your future!

Group eXercise Instructor and Personal Trainer: Amanda Kouri

Intramural Supervisors: Alex Burdine, TJ Eaves, Kale Jeffords, Ashley Yewcic

Intramural Officials: Miles Lawrence, Chris Taylor

CRC Supervisors: Ben Williams, Annie Pauley, Hannah Woody

Recreation Assistants: Jeff Grandy, Anna Hunt, Corey Miles, Jessica Moran (and *Lifeguard*), Caitlyn Nesbitt, Eric Robinson, Josh Swayngim

Steam Plant Shutdown – No Hot Water

Due to the University's central steam plant shutdown, the Campus Recreation Center will not have hot water for showers, etc. from Wednesday, May 23 – Friday, June 8. We apologize for the inconvenience.

EMPLOYEE OF THE MONTH



Steph Nordin began working for Campus Rec & Wellness as a lifeguard in August of 2008, became a Recreation Assistant two years later, started instructing Group X classes in January of 2011, and was promoted to Supervisor this semester. She is majoring in Psychology and minoring in Pre-Occupational Therapy. After she graduates, she'd like to seek an advanced degree in Occupational Therapy. Steph describes herself as fun and outgoing and always tries to laugh and make the best of every situation. You can see this in the advice she gives fellow student employees to always maintain a positive attitude on the job and also her love of helping patrons and meeting new people. You may not know this about Steph, but at the ripe age of 16 she started as the Head Coach of an all ages swim team in Cincinnati, OH and still enjoys

coaching every summer. When asked what superpower she would pick if she could have one, her response was the ability to freeze time. I think we all feel that at some point in our lives! Congratulations Steph, you're doing a great job!

MEMBER OF THE MONTH



Richard Huffman is from Hickory, NC and has been at WCU for a total of six years, first as an undergraduate student and now as a graduate student in the College Student Personnel program. After he receives his degree he'd like to either become a director of Greek Life or teach high school history. You can find him in the Office of Leadership and Student Involvement working as a Graduate Assistant for Clubs and Organizations. Richard prefers to start his day off energized with a swim at Reid Pool and tries to run at least once a day. He has been active most his life starting with tee-ball at four years old and progressing to Track & Field, Baseball, Swim Team, WCU Swim Club, and Pride of the Mountains Marching Band. Richard recently lost about 70 pounds and credits his family, friends, and fraternity brothers

with the motivation to keep going. Richard says, "Cardio has really helped me lose it the most, especially swimming. My high school swim coach used to say "Swimming will get you in shape for every other sport but no other sport will get you in shape for swimming." Go out and be active and stick with it! Exercising can help fight off diseases and keep you healthy and happy!" Keep up the great work Richard!