



Campus Recreation & Wellness FAQ's

Campus Recreation & Wellness loves providing our patrons with information regarding our operations. Here are some answers to some frequently asked questions the staff received over the past year.

1. Why is there such a variety of music played in the CRC when some of it doesn't motivate me? It is simply impossible to please everyone's taste for music so we try to instead accommodate for varying tastes in music. Every song on our playlist has been requested by a patron of the CRC, so what motivates you may not be what motivates other people. Request a song today at the front desk music request clipboard.

2. Why do the pool hours vary so much from day to day and week to week? We have the opportunity to staff the pool due to a memorandum of understanding CRW has with the College of Education and Allied Professions. However, it is very important that academic classes continue to receive priority in this space. We also look for ways to continually expose more campus groups to the pool, which sometimes means providing a new Intramural sport or working with an athletic team, etc.

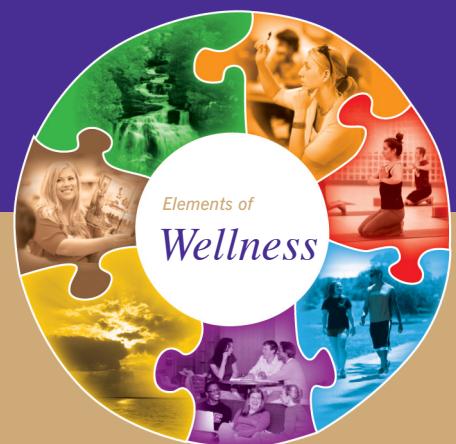
3. Why do bars have to stay next to the benches in the fitness area, certain lifts not allowed in certain areas, and external equipment prohibited if not something already provided by CRW? The main reason for each of these is to minimize risk. We want our patrons to be safe, so we follow industry standards, recommendations, and protocols to provide the safest possible environment in the CRC while still allowing our patrons to get a great workout for their health and well-being.

4. Do you have any future plans in the CRC to enhance your programs and services? Yes, we have a couple things in the works to continually improve our programs and facilities. We are reevaluating some of our hours of operation and facility spaces. We plan to do something with the upstairs alcove area very soon...so stay tuned!

Once again, we appreciate your questions and feedback because it shows you are invested! See page 3 of this newsletter for information about the new Campus Recreation & Wellness Advisory Council.

CRW wants your feedback!

As the end of the semester approaches, please look for upcoming opportunities to provide CRW with feedback on programs, facilities, and hours of operation. Your feedback is greatly appreciated as we look to improve our services.



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Intramural Sports

Indoor Climbing Challenge

Come showcase your climbing wall skills at the Indoor Climbing Challenge. You don't have to be an expert to climb as we are offering both beginner and advanced divisions in men's and women's. Routes will be pre-set and climbers will attempt routes based on difficulty and skill. Sign ups close Sunday, November 16th. Rules and notes can be found on the climbing challenge homepage on imleagues.com/wcu



Sign up for all Intramural Sports through [imleagues.com/wcu!](http://imleagues.com/wcu)

EVENT	LOCATION	DATE	TIME	REGISTER BY
3 on 3 Basketball	Reid Gyms/CRC	11/7 & 11/8	6pm	11/4
Humans vs. Zombies	Bardo 130	11/14 - 11/23	5pm	11/4, hvzsource.com
Indoor Climbing Challenge	The Wall	11/17 & 11/18	8-10pm	11/16
Dodgeball	Reid Gym	11/20 & 11/21	6pm	11/17

Team & Individual Indoor Triathlon

Team & Individual Indoor Triathlon – 2,000 Meter Row, 5 Mile Bike, 1 Mile Run

Monday, November 10th

6am-8pm, 11:30am-1:30pm, 4pm-8pm

Campus Recreation Center 2nd Floor

Pre-register today in the CRC for priority on-time preference or show up the day of the event.

Must be a member of the CRC. If eligible for membership but not a current member, you may pay a \$5 guest pass fee to participate.

Awards: T-shirts will be awarded to the top 3 male individual finishers, the top 3 female individual finishers, and the top men's, women's, and co-rec teams.

Dual participation: Individuals may register to compete in more than one category. At most, one person can compete on one corec team, one specific gender team, and as an individual. Individuals cannot compete on multiple teams within the same category. Individuals can choose, prior to the start of their individual race, if they want their individual times to also count toward their team times. During individual competition, participants will have a maximum of one-minute to transition between events that will not count against the individual's overall time.

Race Times: There are three time frames during which you can register. Time preferences are given on a first come, first serve basis. All three team members can complete their portion of the race at different times of the day if that serves the team best.

AAAI/ISMA Personal Fitness Trainer Certification

CRW will host AAAI-ISMA Personal Fitness Trainer Certification on Saturday, November 8th from 9am-6pm. The AAAI-ISMA Personal Fitness Certification is for anyone who is interested in becoming a personal trainer or enhancing his or her training skills. The certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills. The cost is \$99 if you pre-register. Registration forms are available at the CRC.



Three Common Food Myths

Myth: Fresh vegetables are more nutritious than frozen or canned.

Canned and frozen veggies are picked and canned very soon after they are harvested resulting in the vegetable containing maximum amounts of nutrients. It has been found that canned tomatoes actually have more lycopene, a heart disease fighting carotenoid pigment, than fresh tomatoes. Be mindful of added salt or sugar when buying frozen and canned vegetables. No salt added and no sugar added canned and frozen vegetables are best.

Myth: Gluten free diets are healthier.

Recent studies have shown that gluten free diets are not healthier than a diet that

contains gluten. In fact, gluten free diets have been found to not be as healthy as a gluten containing diet. Whole grains that are avoided in a gluten free diet are rich in B vitamins, calcium, zinc, iron, magnesium, and fiber. These nutrients may help in preventing heart disease, type 2 diabetes and some cancers. If you are not gluten-sensitive, allergic to gluten or have Celiac disease, it is best to have a diet rich in whole grains that contain gluten.

Myth: Eggs are bad for your heart.

A large study conducted by Harvard Medical School found no connection between heart disease and consumption of eggs. Egg yolks are high in cholesterol, so avoid the yolk and



eat the whites. With all things, eat eggs in moderation. The American Heart Association recommends 3 eggs per week for those who have heart disease.

Contributed by Jasea Painter CRW Dietetic Intern and <http://www.theregionalnews.com>

Campus Recreation & Wellness Advisory Council

One of the things CRW is implementing in Spring 2015 is a Campus Recreation & Wellness Advisory Council. We will have representation from the following areas serving on the committee in fixed terms: CRW Student Staff, WCU Students, Faculty/Staff or other Affiliated Members, and 1 CRW Staff Member. The purpose of the Campus Recreation & Wellness Advisory Council is to express the opinions of Western Carolina University students, faculty, and staff with regards to recreation and wellness on the campus of WCU. The council reviews and makes recommendations regarding Campus Recreation & Wellness (CRW) policies, procedures, facilities, and programs to the Director of CRW. If you would like to nominate someone to serve on this committee in its inaugural year, please send their name and contact information to reccenter@wcu.edu.

Mind-Body Experiment

Meditation

Wed, Nov. 12th, 7pm-8pm, Studio 2

Yoga Nidra, iRest Meditation - Leslie Temme, PhD, MSW, will lead this secular practice consisting of 20-45 minute sequences, which teaches participants to cultivate skills that they can use in their daily lives.

Great American Smokeout

The Great American Smokeout is an event on college campuses across the nation to increase awareness of tobacco-related issues as well as promote cessation services. This is a chance to encourage smokers to make a plan to quit, or to plan in advance and quit smoking that day.

Know someone who wants to quit? Here are some resources to help:

Quitline- www.quitlinenc.com

American Lung Association- www.lungusa.org

American Heart Association- www.heart.org

As a part of the Great American Smokeout on Thursday, Nov. 20th, the CRC is collaborating with Counseling and Psychological Services to offer a tobacco cessation class on Monday, Nov. 17th. If you are interested in tobacco cessation but you're not sure where or how to start, this class is for you! We will focus on giving you information and support to start you on your way. This is a one hour class with future supports to be offered.

Date: Monday, Nov. 17th

Time: 4:00-5:00pm (just show up)

Location: CRC Meeting Room

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

Plain Jane Fitness Workshops

On Sunday, Nov. 9th, Plain Jane Fitness will hold two workshops: TRX, Kettlebells, BOSUs and More: Toys and Tools for Small Group Training from 9am-11:30am and The 30 Best Body Weight Exercises You Should Be Teaching Your Classes from Noon-2:30pm. The cost of these workshops is \$50/each or \$90 for both. Registration forms are available at the CRC.



The TRX, Kettlebells, BOSUs and More: Toys and Tools for Small Group Training workshop will help you discover dozens of creative ideas for using equipment in conditioning classes or small group training sessions. Maximize results with whatever equipment your facility has to offer.

The 30 Best Body Weight Exercises You Should Be Teaching Your Classes workshop will focus on body weight exercises for all over strength and endurance that can be done anywhere anytime without equipment. These exercises are ideal for small group training, bootcamp classes, or personal training sessions. Learn to teach these exercises effectively and safely in a group or one-on-one setting.

Hours of Operation

Thanksgiving Break Hours

Campus Recreation Center

Tue, Nov 25: 6am-7pm

Wed, Nov 26: 6am-2pm

Thu, Nov 27 - Sat, Nov 29: Closed

Sun, Nov 30: 5pm-9pm

Reid Pool

Tue, Nov 25: Pool Closes at 6:15pm

Wed, Nov 26 - 6am-8am, 11am-1pm

Thu, Nov 27 - Sat, Nov 29: Closed

Sun, Nov 30: 5pm-8pm

Football Game Day Hours

The CRC is open 9am-1pm on football home game days. The final two dates are Saturday, November 1st and Saturday, November 15th.

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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

Campus Recreation & Wellness

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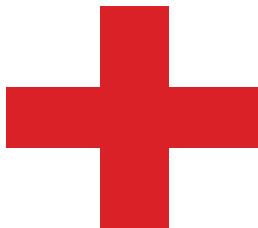
828.227.7069

reccenter.wcu.edu

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

Health & Safety Certification Class

CPR/AED for Professional Rescuer Blended Learning Class.



Thursday Nov. 20th, 5-7pm

This course is split between online and in the class room. Registration is due by Nov. 14th. Please come to the Campus Recreation Center to sign up for this course. If you have any questions regarding this course please contact Tyler Spencer at tcspencer@wcu.edu



EMPLOYEE OF THE MONTH



Sara Markowski has worked for CRW for three months. She loves getting to know her peers on campus and representing a healthy lifestyle. Her advice to fellow employees is to smile! As a Recreational Therapy major, she plans to graduate in 2016 and then attend Clemson University for a Masters degree in Health Administration. Sara describes herself as happy, outgoing and driven. She comes to work with a smile even if she is feeling her worst. She believes presentation is very important in the workplace. One of Sara's favorite sports is wakeboarding because it takes a lot of power, balance and endurance, and it is a total body workout. She feels lucky to be a CRW employee because she is learning leadership skills, feels motivated to be at work, and it's a great place to be with lots of positive people. CRW thanks you for all your hard work, Sara!



MEMBER OF THE MONTH



Originally from upstate New York, Logan Eltz is a Recreation Therapy major. She plans to work in a drug and alcohol rehabilitation center. Her favorite workout is running and working on her distance. She prefers to work out in the late morning or early afternoon. Logan has always exercised through sports and she played college soccer. After a career-ending injury, she really got into exercising on her own, and has been running for about five years. Logan recently completed Shaun T's T25 program and wants to do the Insanity program soon. She is also training for a half-marathon. Logan has been a vegetarian for a year and a vegan for about 7 months. Congratulations Logan on being chosen Member of the Month! We admire your dedication and 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.