Positive thinking is a powerful thing & Campus Rec & Wellness is here to help you think positively about yourself! Check out all the events going on in November including the Great American Smokeout & the updated 10,000 steps program: WHEE WALK.

In addition to programs, remember that the CRC is a great place to keep your workout going when the weather gets cold or wet. We hope to see you throughout the cold weather months. Don’t forget that the staff is always here to help with a new machine or to find you a locker.

Member of the Month: Laura Trivette

Congratulations to Laura Trivette, an Instructor in the Department of Communication Sciences & Disorders. She enjoys Power Pump when her schedule allows. In addition to being a regular at the CRC Laura runs, a lot! She has completed 8 marathons in 5 states and 5 ½ marathons in 4 states since 2004 with a goal to run a marathon in every state! Laura is originally from Cary, NC but liked it here so much she stayed after graduating from WCU.

“All that we are is the result of what we have thought. The mind is everything. What we think we become.”

~Buddha

NOVEMBER 2009

In This Issue:

Please return your locker key for inventory & cleaning by December 11

Changes in pool sign-in procedures

Great American Smokeout – November 19th

It’s apple season in the mountains, check out this healthier version of the apple cake.

Ready to kick start your walking program or know of a friend who would like to get started? Try WheeWalk

“The greatest wealth is health” ~Virgil

Laura ran the Power of Pink Relay Oct. 31st in Clyde, NC.
Facility Update: Locker Inventory & Cleaning

828-227-7069

It’s cleaning time! In an effort to offer the best services for our members we need to inventory & clean all lockers.

If you currently have a permanent locker, please empty it and return the key by 10:00 pm the last day of class, December 11, 2009, to Equipment Check-out.

Lockers will be available for day-use only from December 12, 2009 – January 10, 2010.

Members participating in payroll deduction can keep their current locker. Keys will be ready for pick-up beginning Monday, January 4, 2010. Current lockers will be saved until January 18 after which time they may be given to other members. All other members will be able to request lockers beginning Monday, January 11. Due to increased usage of day-use lockers, we will have a limited number of lockers available for permanent use on a first come, first serve basis.

Members failing to return their key by the designated time will forfeit future permanent locker use.

Day-use lockers will continue to be available for all members. If you have not used your locker on a regular basis, please consider using the day-use system. We are experiencing a shortage of lockers during busy times & ask that you only request a permanent locker if you use it regularly. If you use the pool more frequently, you may be interested in a locker at Reid. They are free and available by visiting the Reid Equipment Room between 7:00 am – 3:00 pm.

Thank you for your help in keeping the locker room clean and accessible for everyone.

Attention Swimmers!

Hello swimmers! Just wanted to let everyone know about a couple of new things at the pool.

Lap Swimmer’s Log
Utilize the white binder under the bulletin board to keep track of your workouts. Just find a blank page, fill your name in at the top and start to keep track of your swim mileage!

Bulletin Board
Lap swim and water aerobics work-outs are posted along with other aquatics information.

New Sign-In Policy
In order to help with access control and being able to keep a better participation count, we will be implementing a sign-in policy. Please continue to show your CatCard and provide some additional information including your affiliation and 92#. The lifeguard will record your information on the sign-in sheet.
Great American Smokeout @ Western

Every year, the 3rd Thursday in November (16th) is recognized as the Great American Smokeout. The Wellness Program, CLAW, and Relay for Life are teaming up to reduce tobacco use by and second-hand smoke exposure in the WCU campus community.

Crazy for Swayze Film Fest - cigarette smoking is one of the biggest risk factors for pancreatic cancer. Patrick Swayze recently died from pancreatic cancer this is a great way to raise awareness while enjoying some of his great movies.

Ciggy and his Prize Patrol! - Rewards for smokers who are in compliance with the 50-foot campus policy. Spread the word, Ciggy is on the lookout.

Quit-A-Grams – Ciggy will make a fun and friendly visit to your smoking friend. Order one today!

Contact the Wellness Program for more information, 227-7069, to “help us clear the air”!

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

Quitline - [www.quitline.com](http://www.quitline.com)
American Lung Association - [www.lungusa.org](http://www.lungusa.org)
American Heart Association - [www.americanheartassociation.org](http://www.americanheartassociation.org)

Other Wellness Programming this month:

Wellness Council Meeting: Friday the 13th, 10am-11am, CRC Meeting Room

Mind-Body Experiments: Nia – Nov. 16th @ 7:00 pm – FREE!

Nia is a fun and energizing workout safe for all ages, ability levels and bodies strengthening and toning muscles, improving range of motion, flexibility, agility and balance. It is a dynamic blend of dance arts, martial arts and healing arts. Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression.
Club Sports Updates
828-227-7069

Daniel Oates, Club Sports Specialist & CRC Supervisor, received a bid to the National Disc Golf Championships. Please congratulate him when you see him!

The Disc Golf Club will host an intercollegiate tournament Saturday, November 21st on WCU’s campus.

Intramural Sports Champs: Ultimate Frisbee

Winter Weather Reminders…
As the colder weather moves in, more of us are bundling up to beat the cold weather. Please remember that all personal items, including jackets, must be locked in a locker while utilizing the Campus Recreation Center. Please utilize the coins for day-use cubbies around the CRC or check-out a locker from Equipment Check-out. Additionally, tennis shoes (closed toe and heal) are the only of shoes allowed in equipment and activity areas.

New Group X Schedule!
The new Group X Schedule starts Monday, November 2nd. Although most of the schedule remains the same, we have changed a few things…check it out online (reccenter.wcu.edu) or at the Control Desk.
Not registered for Group X yet? It’s a great way to have fun while you workout! Just $10 for every class on the schedule. Register in the Main Office today!

HEALTHIER APPLE CAKE

Ingredients
- 2 cups diced apples (or pears or combo)
- 1/2 cup raw sugar
- 1 cup whole wheat flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 egg
- 1/2 cup applesauce
- 1 tsp. vanilla

Directions
Preheat oven to 375. Grease a 9" or 10" round pan with a non-stick cooking spray if needed. Sprinkle diced apples with the sugar, set aside. In a small bowl, mix the flour, baking soda, salt, and cinnamon. In another bowl, beat the egg. Mix in the applesauce and vanilla. Stir the flour mixture into the egg mixture, until well mixed. Add apples. Bake for 35 minutes.

Nutrition Info.
Calories: 110.1
Total Fat: 0.8 g
Saturated Fat: 0.2 g
Polyunsaturated Fat: 0.1 g
Monounsaturated Fat: 0.2 g
Cholesterol: 23.4 mg
Sodium: 275.7 mg
Potassium: 97.8 mg
Total Carbohydrate: 25.4 g
Dietary Fiber: 2.0 g
Sugars: 2.7 g
Protein: 1.8 g
Western Walks becomes WHEE WALK

828-227-7069
recenter.wcu.edu

Some of you may remember Western Walks, our 10,000 steps program. The program has been revised a bit to include a new logo & new name: WHEE WALK. In addition to the name change, we have added an email address: wheewalk@wcu.edu as well as a walking buddy list.

We will soon have updated walking routes posted so you can try a new route or at least keep track of mileage during your current workouts. If you have a favorite route around campus, please let us know by emailing wheewalk@wcu.edu. Include distance & detailed directions or just drop off a campus map with the course marked.

WHEE WALK is open to anyone so if you have a friend who isn’t a member of the CRC but wants to get started moving, encourage them to use the pedometer, water bottle & towel from Employee Appreciation Day & get moving.

For all the information go to our website: recenter.wcu.edu & click the WHEE WALK graphic.

November Special Hours

Last Home Football Game
Saturday, November 7th – CRC 9:00am-12:00pm
Reid Pool 10:00am-12:00pm

Thanksgiving Break
Wednesday, November 25th – CRC 11:00 am-2:00pm
Reid Pool 11:00am-1:00pm
Thursday, November 26th - Saturday, November 28th CLOSED
Sunday, November 29th – CRC 5:00 pm - 9:00pm
Reid Pool 5:00pm-8:00pm
Monday, November 30th – Resume regular hours

Rec Assistant of the Month: James Hinnant

Thank you for your assistance in naming our first Rec Assistant of the Month! We know the CRC would not be what it is without this hard working group of students! Congratulations to James Hinnant an Accounting & Financial Planning double major from High Point, NC. He plans to study abroad after graduation for his Master’s degree. Here at Western, James is the Vice President of the Leadership Institute & his favorite exercise is the dead lift. James likes working for CRW because, “[he has] found a great amount of joy in lifting, and [he wishes] to help people find the joy in their exercise as well.”