



HAPPY THANKSGIVING!
The staff at Campus Recreation & Wellness would like to wish you and yours a wonderful holiday.



The Holidays Already?!

Well, they say time flies when you're having fun so we must be having a lot of fun at CRW this semester because the time has flown by! Hopefully, your semester is flying by but not too fast that you're missing your time at the CRC or exercising outside! In case you have missed a few workouts, we have some great opportunities for you to get back on track this month & you can find information about all of them in this newsletter!

Check out the Indoor Triathlon (November 9) or Mind-Body Experiments: Meditation (November 16) here in the CRC or get in on some old school fun with the Dodgeball League (registration due November 7 on imleagues.com). You can even try out your strength in the Arm Wrestling event (November 10) also held in the CRC.

No matter what you're into, be sure to make some time to exercise, stretch, and eat right this month. As the holidays approach, it's always easier to maintain healthy habits than to try and start them. As always, the CRW staff is here to help you reach your health and wellness goals so if you have any questions, don't hesitate to ask!

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November Intramural Schedule



Event/Activity	Location	Date	Day of the Week	Time
Dodgeball League*	Reid	11.9.11-12.1.11	W	5-11pm
Arm Wrestling	CRC Lobby	11.10.11	Th	5-8:30pm
Basketball Accuracy	CRC Gym	11.15.11	Tu	5-8:30pm
Turkey Bowling	Cats Den	11.17.11	Th	7:30-11pm
5 v 5 Basketball League**	Reid Gym	11.28.11-12.9.11	M-Th	5-11pm
Badminton Singles	Reid Gym	11.29.11	Tu	5-8:30pm

*Dodge...duck...dip...dive...and dodge. Come out and enjoy our 4 v 4 dodgeball tournament. Play will begin November 9. Sign up by November 7 and attend the Manager's Meeting on the 7th at 5pm in the CRC to secure your spot.

**Round up your squad, lace up the shoes, and come get in the hoops mood by competing in our 5 v 5 Basketball Tournament. Play will begin November 29. Sign up by November 21 and attend the Manager's Meeting on the 21st at 5pm in the CRC to secure your spot in the tournament.

Please remember to sign up for all intramural activities through imleagues.com!

Valley of the Lilies Half Marathon and 5K



The College of Health Sciences and Department of Campus Recreation & Wellness are hosting the 2nd annual Valley of the Lilies Half Marathon and this year we've also added a 5K race to the event! Event day is March 25, 2012. Registration is open on active.com so sign-up today to get motivated to start your training!

Proceeds from the event support student professional

development and travel. Event details can be found at halfmarathon.wcu.edu. We'll be adding more information throughout the semester such as race course, awards information and more so be sure to check back in. If you have any questions about the event, feel free to contact the Race Directors, Sandy Terhune & Ashley Long, at ValleyoftheLilies@wcu.edu.

Certification Classes & Hands-Only CPR

STANDARD FIRST AID WITH COMMUNITY CPR/AED (INFANT, CHILD, ADULT) CERTIFICATION CLASS

Date: Saturday, November 19

Time: 9am-2:30pm

Location: Campus Recreation Center Meeting Room

Cost: Member \$40.00

Non-Member \$55.00

Community \$95.00

Register at the Campus Recreation Center by Wednesday, November 16.

HANDS-ONLY CPR

Date: Friday, November 11

Time: 2pm-2:40pm

Location: Campus Recreation Center Meeting Room

Cost: FREE!

Register online at reccenter.wcu.edu. Presentations & Classes link then "Hands-Only CPR Registration Form" in top left corner!

Register by Thursday, November 10.

*Hands-Only CPR is not a certification. If you need certification for your major or job, please see our other Health & Safety Certification Class offerings this fall!



WCU Set to Host Women's Club Volleyball Regionals

Western Carolina University has been chosen as the Western North Carolina site for the Women's Club Volleyball Regionals Tournament. The tournament is set for Saturday, November 5 in the Campus Recreation Center. This will be the first time our Women's Club Volleyball Team will have the opportunity to host such a tournament so come support your Catamounts on November 5.

Dance Team to Perform at Basketball Tipoff

Come join WCU Athletics and the WCU Dance Team at a basketball season tipoff event on Wednesday, November 9. The event is set to be held at the central plaza from 6pm-8:30pm. Activities include a meet and greet with WCU basketball players, inflatables, a spirit portion, and more. Support your Catamounts and join us for this event!

Great American Smokeout 2011

The Great American Smokeout, on November 17, 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 others to quit, even if it's just for a day, or use it to set your own quit date. Either way, Campus Recreation & Wellness wants you to take your health to the next level! We will again be offering Whee ♥ Quitters, smoking cessation classes, on the following Mondays: November 21, November 28, and December 5. Please register by November 18 in the CRC Main Office to participate. For more information, visit our website.

Know someone who wants to quit?

Here are some resources to help:

Quitline – www.quitline.com

American Lung Association – www.lungusa.org

American Heart Association – www.heart.org

Mind-Body Experiments

Meditation: Wednesday, November 16 from 7pm-8pm in Studio 2. FREE!

Student Wellness Council Meeting

Friday, November 11 at 3pm in the CRC Conference Room

“Fall” Into Good Eating Habits

The leaves are changing colors, the outside air is getting cooler, and your pants are feeling tighter!

WHY DO PEOPLE GAIN WEIGHT DURING THE COLDER SEASONS?

Research has found that most Americans gain weight in the winter and many reasons are to blame:

There are more holidays surrounded by food! (Halloween, Thanksgiving, Christmas, and New Years)

A decrease in activity level.

Less time spent outdoors.

We tend to associate cold weather with fattening comfort foods.

TAKE ADVANTAGE OF THE FALL SEASON!

Stay active outside before it gets too cold: hiking, biking, running, etc.

A lot of unique produce are in season; take advantage and make healthy meals/snacks.

Limit sugary beverages. Stick to water and save those calories for your favorite fall foods!

WHAT FRUITS AND VEGETABLES ARE IN SEASON?

Apples	Okra
Artichokes	Onions
Beets	Pears
Broccoli	Peppers
Cabbage	Pomegranates
Cauliflower	Potatoes
Celery	Pumpkin
Cranberries	Spinach
Grapes	Squash
Green Beans	Sweet Potatoes
Mushrooms	Turnips
	Zucchini

WITH THE HOLIDAYS AROUND THE CORNER, HERE ARE SOME NUTRITION BASICS TO KEEP IN MIND:

The amount of calories needed per day depends on sex, age, height, weight, activity level, etc. (Average amount = 2,000 calories/day)

Eat a variety of foods (vegetables, fruit, whole grains, lean proteins, and low fat dairy).

Stay hydrated, don't forget water!

Limit processed food, high sodium foods, and foods high in saturated fats.

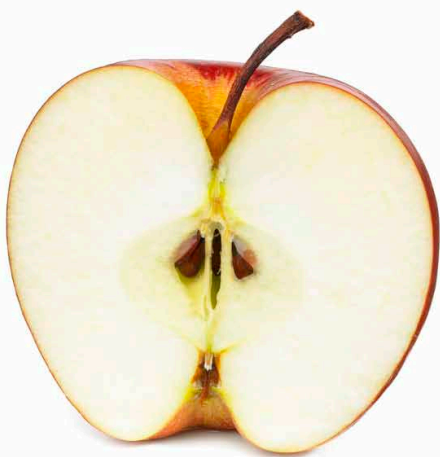
Read nutrition labels! Everything you need to know is right there.

Remind yourself of these basics everyday when choosing food. Before you know it, it will become habit and you can enjoy the holiday season without the extra pounds!

If you have a nutrition-related question, sign up for Nutrition Services at the CRC, pop into CRC Assessment Room 116 for Ask-A-Nutritionist Wednesdays 5pm-7pm and Thursdays 3pm-5pm, or email nutrition@wcu.edu.

Resources:

<http://www.nichd.nih.gov/news/releases/holidayweightgain.cfm>
<http://localfoods.about.com/od/whatsinseason/a/FallFruitVeg.htm>





Thanksgiving Break Hours

CAMPUS RECREATION CENTER

Tue., Nov. 22, 6am-7pm
Wed., Nov. 23, 6am-2pm
Thu., Nov. 24 - Sat., Nov. 26, Closed
Sun., Nov. 27, 5pm-9pm
Mon., Nov. 28, Regular Fall Hours

REID POOL

Tue., Nov. 22, Pool Closes at 6:15pm
Wed., Nov. 23, 6am-8am, 11am-1pm
Thu., Nov. 24 - Sat., Nov. 26, Closed
Sun., Nov. 27, 5pm-8pm
Mon., Nov. 28, Regular Fall Hours

CRC Indoor Triathlon

Date: Wednesday, November 9, 2011
Location: Campus Recreation Center
Time: Event times are assigned between 6am-12pm and 4pm-8pm.
*Requests accepted for pre-registered participants.
Cost: FREE! for WCU students, staff/faculty/spouse members;
\$5 guest pass required for WCU CRC non-members.

Row: 2,000 meters
Bike: 5 miles
Run: 1 mile



Winners of each division will receive a 2011 Indoor Triathlon T-Shirt! Divisions: Individual Student (Male - Female), Individual Faculty/Staff/Spouse (Male - Female), Team

How to Pre-Register: Complete a registration form and submit to the Campus Recreation Center. Participants can pick up forms at the CRC front desk or online at reccenter.wcu.edu. Pre-registration will close on Monday, November 7 at NOON. Walk-in registrations on event day are welcome! Pre-registered participants will be emailed on Tuesday, November 8 with their specified race time. The first 25 registered will receive a FREE CRW water bottle!

EMPLOYEE OF THE MONTH



Ashley Yewcic is one of our Intramural Supervisors. We asked her a series of questions:

Where are you from? Huntersville, NC
What is your major? Physical Education
What are your plans after you graduate? To teach P.E.
What is your favorite thing to do? Play sports and hang out with friends and family
Are you messy or organized? A little of both-very organized with school work and work, but messy when it comes to my room
What is your favorite day of the week and why? Friday because then you have two days off where you can enjoy life and relax

Who is the one person in history you would like to meet? Pele
When you were young, what was your favorite TV show? Doug
What are your top three favorite movies to watch? Little Giants, Invictus, Bridesmaids
What is your favorite sport to watch? Soccer
Why do you like working at Campus Recreation & Wellness? I like working at the CRC because I get to meet a lot of amazing people and I am around sports/fitness, which I love.

MEMBER OF THE MONTH



Hollye Moss is originally from Martinsville, Virginia. She has been at WCU for nine years as an Associate Professor in the Global Management and Strategy Department. Hollye enjoys cooking, reading biographies, and traveling. She always suggests visiting Glacier National Park in Montana and Prague in the Czech Republic. Next summer she plans on checking out the Panama Canal. In high school Hollye swam on a local YMCA team and spent six summers working as a lifeguard. When she came to WCU she began swimming at Reid and recently began working out with weights and a personal trainer. Hollye says it's been very exciting to see the progress she's made since she started training. She also noted that the CRC staff make the gym a friendly, instead of intimidating place. They never laugh at her, only with her, and are quick

with a smile and encouraging word. Keep up the great work, Hollye. You're doing such a great job!

theLift

The Lift is a publication of Campus Recreation & Wellness at WCU

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



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