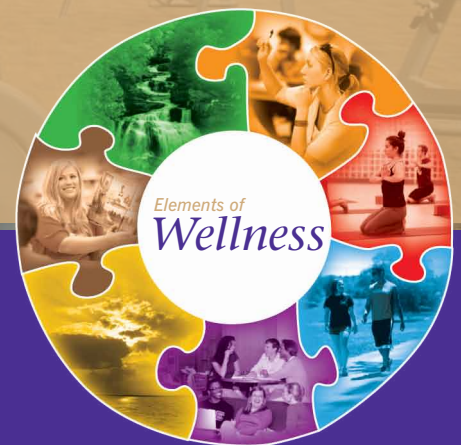




ARE YOU BALANCING THE SEVEN ELEMENTS OF WELLNESS?

Your overall wellness involves seven different components: Spiritual, Emotional, Intellectual, Physical, Environmental, Occupational, and Social.



Get Movin', Get Fit!

From football games to Halloween, October is full of fun activities & ways to stay active! Even though we're constantly bombarded with information about how inactive our nation is becoming, the staff at Campus Rec & Wellness challenge you to keep moving this fall! If you're looking for a goal, the Indoor Triathlon (November 9th) is a good option. Or maybe a team challenge is for you? Check out the Jackson County Get Fit Challenge & get your family, friends, and/or co-workers to join a team!

Now that the weather has cooled off (for good we hope!), check out our outside 1-Day Activities including Ping Pong on the Lawn (October 6th), or the Golf Tournament (October 29th) at Smoky Mountain Country Club. If you like to stay inside this time of year, you can bring your skills to the Reid Bowling Lanes for Open Bowling (October 25th) or the IM Bowling Tournament (October 27th), or explore something new with Mind-Body Experiments - Massage (October 19th) or a new Group X class.

Whatever you choose to do this month, work to make time for the recommended 150 minutes of moderate-level activity each week and get the Lift!

CAMPUS RECREATION & WELLNESS GIFT CERTIFICATES

As the holidays near, consider purchasing a gift certificate for the person who has everything. We offer gift certificates for memberships, personal training sessions, nutrition sessions, and Group X classes. All eligibility rules still apply. Purchase your gift certificate in the Main Office anytime the CRC is open!

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- Member & Employee of the Month
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October Intramural Schedule



Event/Activity	Location	Date	Day of the Week	Time
Ping Pong on the Lawn	UC Lawn	10.6.11	Th	1-3pm
Indoor Soccer League*	Reid 201 & 202	10.5.11-11.9.11	Su-Th	5-11:30pm
CoRec Volleyball League**	Reid Main Gym	10.26.11-11.17.11	Su-Th	5-11:30pm
Open Bowling	Reid Bowling Lanes	10.27.11	Th	5-8:30pm
Humans vs. Zombies***	BAC 130	10.28.11-11.5.11	F	5-6pm
Faculty/Staff vs. Student Golf Tournament****	SMCC	10.29.11	S	8am-8pm

*Indoor Soccer League registration deadline is October 3rd at 4pm. Manager's Meeting will be held in the CRC Meeting Room on October 3rd from 5pm-6pm.

**CoRec Volleyball League registration deadline is October 24th at 4pm. Manager's Meeting will be held in the CRC Meeting Room on October 24th from 5pm-6pm.

***To take part in Humans vs. Zombies, participants must register online at

<http://wcucrc.hvzsource.com> by October 26th and attend the meeting on October 28th.

****The Faculty & Staff vs Student Golf Tournament will be a great conclusion to the first ever Intramural Golf League and will give a chance for a little friendly competition between the students and the faculty and staff. Cost per person is \$25. First 28 teams to register will be those to play; registration will close on October 26th. Any further questions can be directed to Eric Farmer at edfarmer@wcu.edu.

Your Questions Answered

"How do your guest passes work and how much does it cost?" Any CRC member may sponsor up to two guests at a time. The sponsor is responsible for the guest and must be with them whenever he or she is in the CRC or Reid Pool. When purchasing the pass, the sponsor must bring their Cat Card and the guest signs a waiver and brings their driver's license for documentation purposes. Pricing for students, faculty, staff, retired faculty and staff, and spouses is \$5 for 1 day, \$10 for 3 days, and \$15 for 7 days. Days must be consecutive. Please see our website for pricing on WCU departmental and alumni guests.

Certification Classes & Hands-Only CPR

STANDARD FIRST AID CERTIFICATION CLASS

Date: Monday, October 3rd

Time: 4pm-7pm

Location: Campus Recreation Center Meeting Room

Cost: Member \$25.00
Non-Member \$35.00
Community \$60.00

Register at the Campus Recreation Center by Thursday, September 29th.



COMMUNITY CPR/AED (INFANT, CHILD, ADULT) CERTIFICATION CLASS

Date: Wednesday, October 26th

Time: 4pm-8pm

Location: Campus Recreation Center Meeting Room

Cost: Member \$30.00
Non-Member \$40.00
Community \$65.00

Register at the Campus Recreation Center by Friday, October 21st.

HANDS-ONLY CPR

Date: Friday, October 21st

Time: 10am-10:40am

Location: Campus Recreation Center Meeting Room

Cost: FREE!

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

Register by Thursday, October 20th.

*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!

Men's Rugby Beats Furman at Home

The current WCU Men's Rugby Football Club beat Furman on Saturday, September 17th, 41-26. The team played well and is showing much improvement after the loss in their home opener to the WCU Ol' Boys (Alumni) on September 10th. The team currently has over 40 participants, averaging approximately 30 members at practices. The team hopes to continue to grow and build during the 2011-2012 season.

Join in on the Homecoming Activities!

Campus Recreation & Wellness staff will once again be participating in several homecoming activities. Come join us in celebrating WCU during this spirited week by building community at the service events, attending the parade in Downtown Sylva (cheer for the CRW float), peppering it up with the WCU Dance Team at Spirit Night, or screaming Purple and Gold at the Homecoming Football Game. We hope to see you join in the spirit of WCU with Campus Recreation & Wellness!

Group Exercise

This month you may notice some changes to the Group X schedule, but don't worry there are only additions! We're adding another Yoga class and bringing back Zumba! With a few other changes, we are sure every participant will be able to find the Group X classes that fit their schedule and help them meet their goals. Make sure to check out October's schedule on our website and on facebook; changes will officially take place starting October 3rd. Note: Cardio Combat and Ab Attack will not be held on October 12th. There will also be no classes from October 13th - 18th due to Fall Break. Classes will resume as normal on October 19th.

Help Us Keep Reid Pool Clean

As we near the cooler months, it is important that everyone assist us in keeping Reid Pool clean. Here are some reminders that can help you help us. Please shower prior to entering the pool and remove your shoes before coming on the pool deck. Also, please remember that only water is allowed on the pool deck (other food and drink is not permitted).

Vegetarian, Vegan: What's the Deal?

It seems like everyone is vegan right now. Notoriously unhealthy former President Bill Clinton recently joined the vegan ranks. Read on to find out some reasons people ditch meat.

THE NITTY GRITTY

Vegetarians eat a plant-based diet, avoiding meat, fish, & poultry. There are several types of vegetarians. Lacto vegetarians include dairy products in their diet. Lacto-ovo-vegetarians include both eggs & dairy in their plant-based diet.

A plant-based diet includes: grains, fruits, vegetables, nuts, beans & plant-derived oils, such as olive oil.

A vegan eats a plant-based diet, avoids meat, fish, & poultry as well as all animal derived food products including but not limited to; honey, baked goods containing butter, and some gelatins.



REASONS TO CHOOSE A PLANT-BASED DIET

For health reasons: The diet is often much lower in saturated fat & high in fiber. If planned correctly vegetarianism provides all the necessary vitamins & minerals as well as tons of phytochemicals that studies suggest may prevent certain diseases.

For personal reasons: Animal rights, the high price of meat, or religious beliefs.

For environmental reasons: More than 1/3 of the fossil fuels produced in the United States are used in animal agriculture. It has been estimated that a vegan diet does more to reduce emissions than driving a hybrid car.

SMALL CHANGES CAN MAKE A DIFFERENCE

If meat is too difficult to give up, try going vegan for one day a week or for one meal. A peanut butter & jelly sandwich on whole grain bread, with carrots & an apple makes an easy, vegetarian lunch. Add soymilk or if you are a lacto-vegetarian a yogurt for calcium.

One day a week can help decrease emissions, and increase the amounts of fiber & micronutrients in the diet. Changing daily eating habits takes time. To make the big change to a plant-based diet start small & do the research. Research & meal planning is important to ensure the diet will provide all necessary nutrients.



Want more information? Check out these resources:

<http://www.vrg.org/> - The Vegetarian Resource Group
<http://www.nlm.nih.gov/medlineplus/vegetariandiet.html> – Medline Plus
<http://www.meatlessmonday.com/> - Meatless Monday Movement



October Hours of Operation

FALL BREAK - CRC

October 12th 6am-8pm
October 13th & 14th 11am-7pm
October 15th & 16th Closed
October 17th & 18th 11am-7pm
October 19th Resume Regular Hours

FALL BREAK - REID POOL

October 12th Pool closes at 6:15pm
October 13th -18th Closed*
October 19th Resume Regular Hours
*The pool will be closed during this time for maintenance.

FOOTBALL GAME DAYS

Saturday, October 8th
CRC 9am-2pm
Reid Pool 10am-1pm
Saturday, October 22nd
CRC 9am-12pm
Reid Pool 10am-12pm

Special Equipment Requests

Do you or your organization need equipment to use for a fun activity or event? The Campus Recreation Center can help! We have all sorts of sports equipment that we can check out to your group for free! All you need to do is go to our website, reccenter.wcu.edu, and click the "Presentations & Classes" link on the left. Then, choose the "Campus Recreation & Wellness Request Form". Here you can request what equipment you'd like to check out, with the date and contact information included. We'll then contact you to arrange pick-up/drop-off times. If you have any questions regarding Special Equipment Requests, please feel free to contact our graduate assistant, Gavin Andrews, at gjandrews@wcu.edu.

Jackson County Get Fit Challenge



The Jackson County Get Fit Challenge is underway & many WCU students & employees have joined the challenge to get moving! Although the challenge started August 29th, it continues until December 5th and teams can join any time. Participants form teams of 5 - 15 people and keep track of the amount of time they exercise. Every two weeks the average time is reported. A scoreboard will be up at the challenge website (Getfitchallenge.org) and published in The Sylva Herald. Challenge the people you work or live with to get active today!

EMPLOYEE OF THE MONTH



Brittany Lee is one of our newest Recreation Assistants and has really done a fabulous job in the short time she has been with us. She is from Andrews, North Carolina and is majoring in Mathematics with a minor in Physics. After she graduates she plans on attending graduate school for Medical Physics and later becoming a Medical Physicist. Brittany likes working at the CRC because she's able to engage with the student body as well as faculty, staff, and alumni of the University. She loves being outdoors and if she had the funds and time to travel anywhere in the world, she would choose to go to Bora Bora. If she won \$50 million in the lottery she would give to people who are less fortunate than she. "I consider myself to be a very blessed individual and I would like to pass that blessing onto other people. However, I must admit, I would probably reserve a small portion of the money to go to Bora Bora." Only if we can go there with you Brittany! Congratulations!

MEMBER OF THE MONTH



Treka McMillian is originally from Chadbourn, North Carolina and has been at WCU a little over two years. She is the Assistant Women's Basketball Coach and when she's not coaching she enjoys traveling and reading. She also enjoys the fall season and the changing colors because it's a sure sign basketball season is right around the corner! Having grown up near the coast of North Carolina, she really has embraced the opportunity of living in western North Carolina and enjoying the beauty and peace of the mountains. Treka's exercise regimen includes cardio six days a week (the Woodway Treadmills are her favorite) and resistance training three days a week. She has been exercising consistently the last three years and prefers to jump start her day with morning workouts. Treka played basketball at the University of South Carolina

and took a hiatus from exercising after several knee surgeries. In April 2010 she made the move to healthy eating habits and since then has lost over 100 lbs. Great work Treka! We fully support you in your goal of maintaining a healthy lifestyle.

theLift

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

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



Campus Recreation & Wellness

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