



FITNESS TIP

Perform dynamic, multidimensional movements for maximum results. Isolation exercises are helpful but impractical and not the most beneficial for results.



Spring is in the Air!

From the tulips around campus to softball leagues getting under way, the signs of spring are all around us. We know the warmer weather starts pulling us from our offices and classrooms (hopefully the snow is over for this year!), so when you're thinking about doing things outside, don't forget about everything the CRC has to offer!

We added more disc golf discs to include drivers, putters and a midrange option to enhance our FREE equipment checkout options (members only). We're also in the process of upgrading tee-boxes, so if you haven't tried the course in the past, this spring will be a great time to experience it. We also have tennis rackets for checkout, and don't forget the walking routes.

In addition to equipment for informal use, Intramural Sports is hosting ladder golf, cornhole and disc golf tournaments all in the month of April. Just show up with your CatCard to participate.

Regardless of what you want to do, inside or out, we're here to help you meet your goals. Our dietetic intern, Elayna Castillo, is here to answer your general nutrition questions Wednesday through Friday.

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Sign-Up for Intramural Leagues Online

imleagues.com/schools/WCU/registration
Sign up your teams today!

LEAGUES

CoRec Sand Volleyball Tournament
April 8-9, Village Beach Court
Sign up on imleagues by April 7.

SINGLE DAY EVENTS

Fishing Derby
April 4-18, 8 a.m.-5 p.m.
Bring fish into CRC to be measured.

Ladder Golf Doubles
April 6, 5 p.m., UC Lawn

Cornhole Doubles
April 14, 5 p.m., UC Lawn

Disc Golf Tournament
April 28, 5 p.m., Catamount Links
Disc Golf Course

MIND-BODY EXPERIMENTS

Come to our last spring 2011 Mind-Body Experiments and experience dance!

What: Mind-Body Experiments:
Dance Theory
Date: Monday, April 11
Time: 7-8:15 p.m.

CAMPUS RECREATION & WELLNESS



VALLEY OF THE LILIES 2011 HALF MARATHON

SUNDAY, APRIL 3 | HALFMARATHON.WCU.EDU

Join us on a scenic journey through the Cullowhee Valley and along the Tuckasegee River before winding back onto Western Carolina University campus for the finish.

Training Program, Technical Running Shirt and "Goody Bag" included with race fee. Training Program includes running group, 11-week progressive programs for beginners and advanced runners, professional guidance for nutrition, shoe fittings, and other questions to help prepare runners for the race.

REGISTER NOW AT **ACTIVE.COM**

Proceeds to support student professional development and travel.

RACE HOSTS:
WCU School of Health Sciences | Campus Recreation & Wellness

Full Spectrum Farms 5K WALK & RUN



April 16, 2011 | 9 a.m. start
WESTERN CAROLINA UNIVERSITY

Walk or run to benefit Full Spectrum Farms, a residential farm for adults with Autism. www.fullspectrumfarms.org

Register online at www.active.com

**Online registration closes April 13. Race Day registration on site.*

Brought to you by WCU National Student Speech Language Hearing Association and Campus Recreation & Wellness

Stone Fruits

Arbor Day is April 29. This is a wonderful month to celebrate trees and the fruit many provide. A stone fruit, or drupe, is a fruit with a pit or seed in the middle surrounded by flesh. Peaches, nectarines and apricots all are examples of stone fruits.

Stone fruits provide vitamins A and C, fiber and potassium. They also are full of antioxidants and phytonutrients, organic compounds found in fruits and other plant-sourced foods that may decrease the risk for cancer and heart disease and enhance the immune system.

FRESH, FROZEN, OR CANNED

Fresh fruits often taste best but frozen can be a cheaper and more convenient alternative. Look at the ingredient list on the package to ensure no sugar has been added.

If buying canned, pick the fruit canned in its own juice. Watch out for light or heavy syrup that will add extra calories. The fruits are sweet by themselves; let their flavor shine!



Created by Elayna Castillo, CRW Dietetic Intern using [www.ars.usda.gov/Main/docs.htm?docid=4142#health and does.ors.od.nih.gov/food/superfoods.htm](http://www.ars.usda.gov/Main/docs.htm?docid=4142#health%20and%20does.ors.od.nih.gov/food/superfoods.htm)

DID YOU KNOW?

Nectarines are their own fruit. They are not a combination between a plum and peach, as your mom may have told you (mine did!).

EASY SNACKS

- 1 cup of low-fat plain yogurt with ½ cup of fresh chopped cherries
- Dried plums or apricots with a handful of nuts
- 1 medium fresh plum or nectarine
- 1 peach with 1 cup of low-fat cottage cheese
- 3 cups of popcorn (low-fat, low-sodium), ½ cup of dried cherries and a handful of nuts, mixed together.

Visit www.mypyramid.gov/pyramid/fruits_tips.html for more ideas and tips.

Questions? E-mail nutrition@wcu.edu





Break Hours

CAMPUS RECREATION CENTER

Tuesday, April 19
6 a.m.-8 p.m.

Wednesday, April 20-Thursday, April 21
11 a.m.-7 p.m.

Friday, April 22-Sunday, April 24
CLOSED

REID POOL

Tuesday, April 19
Closes at 6:15 p.m.

Wednesday, April 20-Thursday, April 21
11 a.m.-2 p.m.

Friday, April 22-Sunday, April 24
CLOSED

Student Staff Recognition

Campus Recreation & Wellness would like to thank all of the student staff who make our programs and facilities run so smoothly. Please help us in thanking them the next time you're in the facility or participating in one of our activities. Also, congratulations to our seniors graduating in May! Senior pictures will be included in the May newsletter.

On Sunday, April 17, Campus Recreation & Wellness will be recognizing the student staff and seniors. Campus Recreation Center hours will be 5 p.m.-9 p.m. that day.

EMPLOYEE OF THE MONTH



Chelsea Thompson is one of our recreation assistants and a nursing major. She originally is from Pittsburgh, Pa., but now calls Bristow, Va., home. After she graduates, she hopes to enter the workforce or travel. Chelsea says she enjoys working at the CRC because she loves all of her co-workers and finds the environment really relaxing. Some of her favorite things are running, learning about other cultures, listening to music, spending time with friends and family, trying new things and being involved with Phi Sigma Pi Honors Fraternity. If she could travel anywhere, she'd go to India, and if she were the winner of \$50 million, she would save some of it and give the rest to charities and people in need. That's why we love you, Chelsea! Keep up the good work!

MEMBER OF THE MONTH



Justin Jamison is from Sylva, N.C., but moved around the majority of his life and returned to the area to attend WCU. He has been at WCU for two-and-a-half years and is a communication major with a concentration in public relations and a minor in hospitality and tourism. He has been exercising his whole life and plans to continue until the day he dies. Justin likes to change his workouts often to keep from becoming bored both mentally and physically. He likes to come to the CRC during busy times because his motivation to work harder is higher, but he admits that it also is nice to come during slower times to have more access to equipment. Justin says it best: "Along with exercising, I enjoy making people smile. I think the key to living a healthy life is looking good not only on the outside but inside as well. I have enjoyed my time here at WCU, and with this being my last semester here, it is a huge honor to receive this award. I will

miss all the friends I have made and my brothers at the Kappa Gamma chapter of the Sigma Chi Fraternity. After my education, I hope to enlist in the Marines, where I can continue to conquer the personal goals I have set for myself and honor both Western Carolina University and my country." Congratulations, Justin!

theLift

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



Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

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