Ways to Be Well

Spring is here and it is important we take time to reflect on ways we can be well. Spring is the perfect time of year to plant a garden, and a perfect time to clean up your diet by beginning to incorporate fresh, local fruits and vegetables. Several surrounding towns have great farmers markets that will start up again soon. It is also important that we begin to be more mindful of what we put into our bodies. For more information on eating mindfully, check out our nutrition page this month.

Spring is also a great time to get outside and enjoy some activity. Whether you are working in the yard, enjoying the new WCU trail system, or using the campus walking maps, all are a great way to get some activity while having fun. CRW also has some upcoming outdoor Intramural Sports for you to enjoy. Check out our Sand Volleyball League and our 4-on-4 Flag Football Tournament. Read on for more information.

Getting outside and enjoying the sunshine will also give you a good dose of Vitamin D. Vitamin D helps the absorption of calcium and, thereby, is highly associated with bone health. Just remember as you begin to enjoy the sunshine, it is also necessary to take steps to protect your skin. Wear sunscreen, hats, and use other forms of shade when you are outside.

As always, CRW is here to help you with your fitness and wellness needs. Please read on for more upcoming event information.
2013 Valley of the Lilies Half Marathon & 5K

Time’s running out to sign up for the Valley of the Lilies Half Marathon or 5K! Even if you haven’t been training, you can still do it – walkers are welcome in our 5k Run/Walk! Sign up today at imathlete.com and be a part of this great WCU tradition!

Race Date: Saturday, April 6, 2013
Time: Half Marathon starts at 8am, 5K starts at 8:15am
Halfmarathon.wcu.edu
Registration closes Tuesday, April 2 at 11:59pm. Race Day Registration available; fees included.

Don’t forget about the Res Hall Challenge! Anyone living in a WCU Residence Hall can indicate their Res Hall in the registration process. They will then enter themselves in the contest to see which WCU Res Hall can get the most participants in this year’s event. 5K & Half Marathon entries count so sign up and bring your friends! Prize will be a free pizza dinner from Mad Batter!

What you get for registering:
• Technical running shirt
• Goodie bag
• Half Marathon finishers will receive a finisher prize
• Possibly a fun, free dinner with your fellow Res Hall mates if you win the Res Hall Challenge!
• Pride and satisfaction in completing this awesome WCU tradition!

Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months!

Intramural Sports

Ready to the Play the Lift?! Check out our tournaments and events for April including our newest sport…. inner tube water polo!!

Inner Tube Water Polo Tournament
Like sitting in an inner tube? Like sports? Well you should try Inner Tube Water Polo. It’s a sport that combines water polo and floating in a tube. It’s way cool! Spots are limited so get your team registered on imleagues.com/wcu by Wednesday April 3rd. It will be a single elimination tournament on Friday April 5th, at 6pm in Reid Pool.

Sand Volleyball League
Sign-ups due by Monday, April 1st by 11:55pm.
Manager’s Meeting: Wednesday, April 3rd at 6pm in CRC Meeting Room
Play starts Monday, April 8th at Sand Court in the Village
Leagues include: Men’s, CoRec, and Women’s

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Register By</th>
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<tbody>
<tr>
<td>4 on 4 Flag Football</td>
<td>Camp Lab</td>
<td>4/19-20</td>
<td>6pm</td>
<td>4.17</td>
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<tr>
<td>Badminton Doubles</td>
<td>Reid Main Gym</td>
<td>4/22</td>
<td>6pm</td>
<td>4.21</td>
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<tr>
<td>PEAKS* Sand Volleyball</td>
<td>Village Sand Court</td>
<td>4/26</td>
<td>6pm</td>
<td>On-Site w/ CatCard</td>
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*PEAKS events are for freshmen only.

Information, registration procedures, dates, policies and rules can be found at imleagues.com/wcu. All leagues and most tournaments/events require pre-registration before hand unless otherwise stated. Players must create an account and join their team through imleagues.com/wcu.

Max the Lift with Group eXercise

Group Xercise is a great way to “lift” your mind, body, and spirit. Classes are only $10.00 for the entire semester and include all classes on the schedule. Check out the new schedule online; it begins March 4 and ends on May 3. We’ve brought back Cardio Dance for the rest of the semester. Join Jordan on Tuesdays to learn a few new moves and dance your way into cardiovascular fitness in this high-energy upbeat class! Come Max “The Lift” today with Group X. Register anytime the CRC is open.

Personal Training, Personalized Attention

Are you looking for a personalized training program? Do you want to meet specific fitness goals or train for a particular event? If so, sign up to meet with one of our certified personal trainers today. Our trainers provide you with a fitness assessment to determine your current fitness level and sit down with you to determine the best course of action to meet your goals. There are a variety of training packages available. For more information, inquire at the Campus Recreation Center.

Earth & Wellness Celebration

Earth & Wellness Celebration is back again this year! Stop by the UC Lawn Wednesday, April 24th from 11am-2pm to participate in all sorts of fun activities.
Food for Thought

LET MINDFULNESS BE YOUR GUIDE

How mindful are you of the food you eat? Do you think about where your food came from? About what it took to get it to your home and onto your plate? About precisely how it tastes and looks? Many people do not. They engage in “mindless eating” – just going through the motions, chatting with friends, watching TV, catching up on e-mails and barely considering what they’re eating.

Mindfulness involves using our senses of smell and sight as well as taste to help us choose the foods that are right for us. Choose foods that are both pleasing to you and nourishing to your body using all your senses to explore, taste and savor. It includes paying attention to our body and letting it guide us as to when we should start and stop eating. Through this we allow ourselves to become aware of the positive and nurturing opportunities that are available through the food. It means learning to recognize when the body is experiencing real hunger, as opposed to an emotional or stress-relieving desire to eat. Learning to let our body guide us about when, and how much, we should eat is a huge part of weight control. Such attention will help you focus on your satiety level and help you eat less and lose weight.

When it comes to eating, let mindfulness be your guide.

How to Start Being Mindful:

- Have respect for your food
- Know where your food came from
- Appreciate the time and effort it took to grow and process
- Give your meal undivided attention
- Concentrate on every bit and chew it thoroughly
- Learn to be aware of the physical hunger and satiety signs

Check out: The Center for Mindful Eating @ http://www.tcme.org/

Contributed by William Pertet, CRW Dietetic Intern and www.eatright.org. If you have a nutrition-related question, please email nutrition@wcu.edu.
Mind-Body Experiment

Yoga Body, Yoga Mind, Yoga Spirit
April 17 from 7:00-8:00pm in Studio 1

Open to the WCU Community with valid CatCard

Health is more than working towards a beautiful body. True health and happiness require strength, flexibility, and balance of the body, mind, and spirit. This class will explore how yoga integrates all these aspects to move closer to the “healthier you.”

EMPLOYEE OF THE MONTH

Colby started working as a Recreation Assistant in Fall 2012. He is a Secondary Mathematics Education Major and he plans to be a High School Math Teacher in North Carolina. Colby describes himself as fun-loving, dedicated, and personable, and an interesting fact about him is that he ranks second in batting average at Robbinsville High School behind his coach, Billy Knight. He says his favorite part about working at the CRC is interacting with patrons and making their workout experience as enjoyable as possible. Colby says his advice to fellow employees is to “always work and act as if one of the professional staff is watching you.” Good advice Colby and Congratulations!

MEMBER OF THE MONTH

Vicki Miller is from West Bend, Iowa and has worked at WCU since September 2012 as an Administrative Support Associate in the School of Teaching and Learning. Vicki has been exercising since high school and says that she enjoys the Group Xercise classes at the CRC, particularly PiYo Strength, Power Pump, and Ab Attack. Although Vicki often attends the evening classes, she also tries to squeeze in noon classes as often as possible. Vicki says she spends most of her Saturdays hiking in the Georgia and North Carolina mountains. She has hiked the Grand Canyon’s Rim to Rim twice, the 96-mile West Highland Way in Scotland, as well as trails in Death Valley National Park and from inn to inn in Provence, France. Vicki celebrated turning the big ‘5-0’ this year by running, finishing, and not being last in her first ever 5K. She says that she likes to do something physically active every day. In Vicki’s words “Humans weren’t meant to sit all day so I try to counter that as much as I can. I don’t deprive myself of any one food, but just try to enjoy in moderation. Longevity runs in my family so I want to take care of myself and enjoy (a high) quality of life as long as I can.” Congratulations Vicki!

DANCE TEAM TRYOUTS

Saturday, April 27th, 2013
Tryouts: 10am–5pm
Campus Recreation Center Studio 1

Tryouts are for a commitment for the entire 2013-2014 academic year, including both basketball and football seasons.

Questions?
Contact Jessica Graning at jegraning@wcu.edu