



## Stay Motivated in the Winter

It's funny isn't it? In spite of all the admiration you receive for your dedication, discipline and commitment to training and despite your pride for living an active lifestyle, it can still be challenging to maintain day-to-day motivation for working out in the winter

Even for the fittest people out there, training is a constant challenge, and this is the time of year when the most people just don't have the drive to answer that challenge, opting for more sedentary lifestyles than usual.

Have a look at this list of tips to avoid a winter workout rut so you can continue to make solid progress. When the snow and ice thaw at winter's end, you'll be feeling great.

### 1. Embrace the Cold Weather

One of the best ways to stay in shape during the cold months is to get out there and face it like a champ! Whether you enjoy downhill skiing, cross country skiing, ice skating or just bundling up and going for a run, getting outside is invigorating and will provide a great change of pace from cooping yourself up inside all the time.

### 2. Hook Yourself Up with New Gear

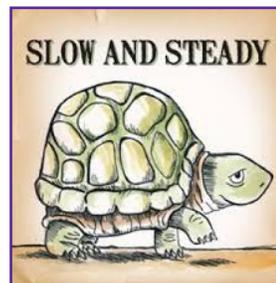
On that note, you'll want some new clothes and/or shoes to help you get outside. Getting new gear will provide you with proper apparel to face the cold, and the monetary investment will motivate you to make your purchases worthwhile. Try to find a happy medium with your budget – don't feel the need to spend too much but don't automatically go for the cheapest available thermal leggings or gloves unless you can tell they will be effective.

### 3. Take Things Slow and Steady

Unfortunately, this isn't really the time of year for half-days, long weekends and vacations. If work is really bogging you down and/or you're really feeling the winter blues, don't worry about setting aside a long, continuous period of time at the end of the day for one big workout.

### 4. Set a Big Goal

If you don't have a set training goal, or have been slacking off with the one that you made, it's time for a change. Whether you want to lose weight, put up better numbers or get faster, set a reasonable goal and make it as specific as possible. Try to think of a goal that involves numbers or a concrete accomplishment – like getting strong enough to do an exercise that has always been a little too difficult to complete, like a pistol squat or a handstand pushup.



Photos courtesy of: Top, L Bryson, Middle, mathclix.com, Bottom, posiworld1.wordpress.com.

“Cardiovascular disease is the number one cause of death in the United States, according to the CDC. Keep your heart healthy through exercise, healthy eating, and by choosing healthy habits.”



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**Michael Birch**

Please welcome Michael Birch, Associate Director for Intramural and Club Sports, who started with WCU on February 1st, 2018. Michael was born and raised in Connecticut with a dream to go to college at the University of Connecticut (UConn). He pursued that dream, where he received a degree in Kinesiology.

After undergrad, Michael began his career in Campus Recreation as a Graduate Assistant at Adelphi University on Long Island. After completing his master's degree, Michael went back to UConn where he worked professionally in the field for a few years before heading south to Florida. In Florida, Michael served as the Assistant Director for Intramural Sports and Special Club Sports at Nova Southeastern University.

Michael believes North Carolina is a great destination for him because it's the center for his number one interest; NASCAR. Michael is looking forward to beginning work at WCU, where he'll feel at home in the mountains. Please stop by to meet Michael and welcome him to WCU!

## Club Sport Home Matches

Come watch your Catamount Club Sports!  
Upcoming home matches include:

Women's Club Soccer  
Saturday, Feb. 10th at 2pm, CRW Field 3

Climbing  
Saturday, Feb. 17th at 10am, CRC Climbing Wall

Men's Club Baseball  
Saturday, Feb. 17th at 12pm & 3:30pm  
Sunday, Feb. 18th at 12pm, Fairview Elementary



## Intramural Sports

### Intramural Sports are heating up!

Here's a list of events, leagues and sign-ups to look forward to this month:

#### Leagues

##### Indoor Soccer

Play starts Monday 2/12. Teams need 5 players on the roster by 2/7 to play! We offer Men's, Women's and CoRec divisions. Register by 2.7!

##### CoRec Dodgeball

Play starts Tuesday 2/13. Teams need 5 players on the roster (at least 2 males and 2 females) by 2/7 to play! Register by 2/7!

#### Tournaments/Events

##### Free Throw/3pt Contest

Wednesday 2/21 and Thursday 2/22 from 6-8pm each night in Reid Gym. No registration necessary, show up with your Cat Card.

##### Floor Hockey Tournament

BRAND NEW! Join us for the inaugural tournament on Sunday 2/25 at 5pm in Reid Gym. Register a team of 5 on Imleagues by 2/21.

**All intramural registrations are available on [Imleagues.com/wcu](http://Imleagues.com/wcu) or the Imleagues app.**

## Recreation & Fitness Day

### Thursday, February 22nd

Campus Recreation and Wellness is celebrating NIRSA National Recreational Sports and Fitness Day on Thursday, February 22. The National Intramural-Recreational Sports Association (NIRSA) is an organization committed to collegiate recreation and wellness. The CRC holds the NIRSA's beliefs and principles; this day was established to focus on the positive benefits of recreational sports, fitness, and wellness programs.

Recreation Sports and Fitness Day is a reason for some fitness fun on a late-winter day! Join us at the CRC for a variety of fitness activities throughout the entire day. Look for more participation details on Recreation Sports and Fitness Day to start improving your overall fitness and wellness!

## Athletes Are All About That Protein

### Fueling after a Workout

Protein is a critical part of recovery after intense physical activity. It will aid in the repair and healing of muscle tissue. Apart from supporting muscle recovery, protein is also important for immunity health and other biological functions. However, an excessive amount of protein is not always better as it is strenuous on the kidneys. So, how much protein does an athlete need?

### How Much?

For most of us, .8 to 1.0 gram per kilogram body weight, depending on age, is sufficient. However for athletes that lift weights regularly, are training for marathons and/or other high intensity physical activity, the Academy of Nutrition and Dietetics and American College of Sports Medicine recommends around 1.2 to 2.0 grams per kilogram body weight of protein daily. Protein sources should be of high quality and include the essential amino acids. Some examples include fatty fish, chicken breast, pork loin, cottage cheese, eggs and low-fat dairy products. It is best to have protein evenly spaced throughout the day. <sup>1</sup>

### Are protein supplements needed?

Protein supplements, like protein shakes and bars, are not necessary but offer convenience. All the same amino acids found in supplements are also in the high quality food sources mentioned above. Supplements may be a quick fix for athletes in a rush, but convenience always cost more money. Additionally, some of these products can be sweetened with artificial flavors. <sup>1</sup>

### How much protein do your favorite foods provide?

Follow this chart to find out: <sup>2</sup>

Food	Serving Size	Grams of Protein
Milk	1 cup	8
Yogurt	1 cup	8
Greek Yogurt	1 cup	12 to 15
Egg	1	7
Cheese	1 ounce	7
Beans	½ cup	7 to 9
Nut butters	2 tablespoons	5 to 8
Ground beef, cooked	4 ounces	29
Chicken breast, cooked	4 ounces	27
Fish, salmon, cooked	4 ounces	29
Tofu	½ cup	20
Quinoa	½ cup	4



Photos courtesy of: Top, healthline.com, Bottom, bariatricfoodsource.com.

### References:

1. Protein and the Athlete - How Much Do You Need? [www.eatright.org](http://www.eatright.org). <http://www.eatright.org/resource/fitness/sports-and-performance/fueling-your-workout/protein-and-the-athlete>. Accessed February 13, 2017.
2. How Teen Athletes Can Build Muscle with Protein. [www.eatright.org](http://www.eatright.org). <http://www.eatright.org/resource/fitness/sports-and-performance/fueling-your-workout/how-teen-athletes-can-build-muscles-with-protein>. Accessed February 13, 2017.

Provided by Anthony Walker, WCU Dietetic Intern

## Mind Body Experiment

African Dance  
Thursday, February 22  
7:00-8:00pm  
Studio 2

Free to the WCU Community with  
a valid CatCard.

## Max The Lift with Group eXercise

Group Xercise is a great way to lift your mind, body, and spirit, not to mention an excellent way to de-stress! Classes are only \$10.00 for the entire semester and include all classes on the schedule. A few classes include Hula and Tahitian Fitness, Cycle Challenge, Barre, Lower Body Blast, Yoga and many more! So grab a friend or meet some few friends today with Group X! Purchase your pass anytime the CRC is open.



# Outdoor Programs

## 11th Annual Rock & Rumble Bouldering Competition

Saturday, 2/17 from 8:30am-2pm

Cost: \$25 Pre-registration  
\$35 Day-of registration

In 2018 we are introducing 3 heats! Walk-up registration opens at 8:30am.  
Heat 1 - 9:45am-11:45am  
Heat 2 - 12:15pm-2:15pm  
Heat 3 - 2:45-4:45pm.

There is a half hour window before each heat for walk-ins to register and to review competition rules. If you have not signed in by the start of the heat, you risk losing your spot and will not be credited with any missed time if you arrive late. The awards ceremony will follow the competition.



## Backpacking in WNC

March 4-7

Cost: \$140 Students  
Registration Deadline:  
Wednesday, 2/28 @ 12pm



This mini-expedition will take participants backpacking on a local trail in Western North Carolina. The specific location is TBD depending on weather and other logistics. Participants can expect beautiful views and a moderately difficult trail. No experience is necessary, but participants should be in good physical shape and capable of walking several miles per day on uneven terrain, while carrying a backpack. This trip is self-supported, meaning all necessities are carried by the group for the entirety of the four days. Participants will develop basic wilderness living skills based on Leave No Trace principles. Participants will gain experience on how to cook with a camp stove, trail etiquette, and general backpacking knowledge. Meals are included from lunch on Saturday through lunch on Wednesday.

## Rocking Climbing in WNC

March 4-8

Cost: \$275 students  
Registration Deadline:  
Wednesday, 2/28 @ 12pm

During this mini-expedition, participants will learn and refine the art and craft of rock climbing while exploring the unique climbing destinations around Western North Carolina. Participants will learn about equipment, terminology, communication, hazards, climbing technique and culminate their week of climbing with a multi-pitch climbing experience. On this trip, participants will travel around from various campsites in order to explore more climbing locations in WNC. Participants are expected to demonstrate appropriate expedition behavior and maintain good decision making and judgement throughout the trip.



## Cataloochee Ski Shuttle

Friday 2/9, 2/16, and 2/23  
4:30pm-11:00pm

Each ski shuttle registration deadline is the Friday before at 12pm.

Cost:  
Students

\$5 for just the shuttle  
(you have your own lift ticket and gear)  
\$25 for shuttle and lift ticket  
\$35 for shuttle, lift ticket, & gear rental  
\$45 for shuttle, lift ticket, gear rental, & lesson

Faculty/Staff/WCU Community  
\$5 for just the shuttle  
(you have your own lift ticket and gear)  
\$30 for shuttle and lift ticket  
\$40 for shuttle, lift ticket, & gear rental  
\$50 for shuttle, lift ticket, gear rental, & lesson

## Belay Clinics

Weekly on Wednesdays, 6-8pm - Free

## Kids Climb

Friday 2/23, 5-7pm - \$5/kid

## Lead Climbing Clinic

Saturday 2/24, 9am-1pm

Cost: \$10 Students  
\$15 Faculty/Staff/WCU Community  
Registration Deadline: Wednesday, 2/21 @ 5pm

# Hours of Operation

## Campus Recreation Center

### *Regular Spring 2018 Hours*

Monday-Friday

6am - 10pm

Saturday

9am-5pm

Sunday

1pm-9pm

## Reid Pool

### *Regular Spring 2018 Hours*

Hours change daily

Please check the website for up to date hours.

## Advising Day

Campus Recreation and Wellness programs and services operation on regular schedule for Advising Day, February 20th!

Come join us between your academic obligations!

# Health & Safety

## Lifeguard Certification

Friday, 2/16 - Sunday, 2/18



Reid Pool

Register online at [myrec.wcu.edu](http://myrec.wcu.edu) or at the CRC Front Desk.

Registration Deadline: 2/9/18

Pricing: WCU Students \$150,

WCU Faculty/Staff \$175,

WCU Community \$250

# 2018 Valley of the Lilies



Challenge yourself in the new year by training for and completing the 8th Annual Valley of the Lilies Half Marathon and 5K to be held on Saturday, April 7th, 2018. Register today on [runsignup.com](http://runsignup.com)! Early registration is only \$20 for the 5K and \$40 for the Half Marathon. Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to get updates on all of the exciting news in the upcoming months, or visit us on the web at [halfmarathon.wcu.edu](http://halfmarathon.wcu.edu).



## EMPLOYEE OF THE MONTH

Lauren Joy is from Huntersville, North Carolina. She is a Junior majoring in Art Education. The advice she would give to her fellow coworkers is not to miss out on something that could be amazing just because it could also be difficult.

Her favorite part of working with the Department of Campus Recreation and Wellness is the interactions she gets to have with her fellow students. She loves to help motivate others to stay healthy and exercise. One thing Lauren would suggest to anyone who would like to be more active is to participate in the Cross Training Challenge.

Thank you Lauren for working so hard, and congratulations on being chosen Employee of the Month!



## PARTICIPANT OF THE MONTH



Brad Lewis was born in Berlin, Germany. His father was stationed at Checkpoint Charlie in the US Army. He works in the IT Department as a Help Desk Technician and has been in that position for almost eight years.

Brad's ideal time to come in to the CRC is early in the morning to beat all the crowds. He has a slight preference of lower body workouts over upper body conditioning. He has been working out for a little over six months at the CRC. Enjoyable past times of his include reading and playing board games.

Congratulations on being selected as the Participant of the Month. We enjoy seeing you regularly!



## Have someone in mind for Employee or Participant of the Month?

Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.

# theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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