



February is Heart Health Month. Take care of your heart through proper diet and exercise!



Resolution for Personal Growth

As we enter February, we are a month into the new year, and it is a perfect time for us to reflect upon our New Year's Resolution. If you have kept true to your resolution, congratulations, you are part of the 25% of the population that has kept their resolutions up to this point. No, the statistics are not on the side of those making the resolution. Matter of fact, in 2018, a study found that only 8% of those that made a resolution either accomplished it or stayed true to the resolution for a year. While the time for making ill-fated resolutions has passed, it is never too late to work towards personal growth in our lives in 2019 by using some of the following tips to stimulate your growth.

Accepting Change

The Greek philosopher Heraclitus penned, "The only thing that is constant is change." What we as humans do too often is cling to the security of comfort. In resisting change, we are not stimulating our growth and only slowing down the inevitable change. Tweaking our outlook on change from one of fear to one of excitement at the opportunity to grow will make accepting this change beneficial.

Recognizing Fear

Fear is an evolutionary tool that was initially designed to keep us safe. Today, fear still plays that role. When fully understood, fear can be conducive. But, often we allow our fears to control us and hold us back. Taking the time to understand the root of fear when we have this emotion can assist us in knowing if the fear is founded in real danger or in another place.



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Intramural Recreational Sports and More

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Swallowing Pride

A much less helpful emotion we have is pride. Fear can often get the best of us just because we are facing that giant alone. Frequently, pride can cause us to look only within for strength. Another tip to assist in personal growth this semester is to utilize the resources available to you. During times of fear, family, friends, roommates, and coworkers can be used as a source of strength or a foundation for the weary. Utilizing these other places of strength will save you distress and allow for both growth in that relationship and within yourself.

Understand Yourself

In the modern world that constantly encourages immediate connectivity with those around us via phone, computers and other electronics, it is not hard to forget where we stop and others begin. In 2019, practice separating yourself from your devices for extended periods throughout the day or week. This can allow for you to develop thought without the influence of others around. Another way to know yourself is to journal. You do not have to spend an extraordinary amount of time, just write a thought down here and there. This action of writing it down makes it part of you and allows for reflection.

Intramural Recreational Sports

Intramural Recreational Sports are heating up! Here's a list of events, leagues and sign-ups to look forward to this month:

Leagues

CoRec Dodgeball: Play starts Sunday 2/10 (played on Sundays only). Teams need 5 players on the roster (at least 2 males and 2 females) by 2/7 to play!

Tournaments/Events

Free Throw/3pt Contest: Tuesday, 2/26 and Wednesday, 2/27 from 6-8pm each night in Reid Gym. No registration necessary, show up with your Cat Card.

All registrations are available on reconnect.wcu.edu or the Imleagues app.



Newsletter Changes

Campus Recreation and Wellness is moving to an email template for our newsletter starting March 2019. The change will allow participants to click on upcoming events and other resources to read further or register.

This means the newsletter will have a different feel, more interactive pieces and less narrative components. It will also allow participants to unsubscribe to our newsletter at any time.

Be on the lookout and feel free to give us feedback. This also means that our bathroom marketing will change slightly, but don't worry we will still have content for you to review!

Opening for registration in February

Softball: Opens 2/25, play starts 3/25

March Madness Bracket Challenge:
Opens 2/25, play starts 3/18

Sand Volleyball: Opens 2/25, play starts 3/25

4v4 Flag Football: Opens 2/25, play starts 3/31

Follow Intramural Recreational Sports this Spring on all CRW portals!



WCU Campus Recreation



@WCUCampusRec



wcu_campusrec

4 Tips to Curb Your Late-Night Snacking

Eating after dinner and before bed time when you are not hungry is an easy way to consume unneeded calories. These snack cravings are often due to boredom, stress, and tiredness. Here are a few tips to help reduce these cravings:

Boost Protein and Load up on Fiber

The average person should aim for 20-25 grams of protein at meals. At dinner most people actually get too much protein because portion sizes of protein sources are too large. The recommended serving size is 3 oz of meat, which is about the size of a deck of cards.

Dietary fiber also plays a role in helping you feel full at meals. Fiber is found in whole grains, beans and lentils, vegetables, fruits, nuts, and seeds. The recommended amount of fiber is 25 g for women and 38 g for men each day.

Get Sleep

People often confuse hunger with tiredness. If you are experiencing snack cravings after a balanced dinner, this may be your body trying to tell you that you need to rest. Research shows that sleep deprivation can affect hormones linked to hunger, appetite, and body weight regulation. Adults need anywhere between 7 to 9 hours of sleep every night.

Turn off the Technology

Staring at a screen (TV, cell phone, computer) has been linked to mindless eating and increased food intake. Eating while watching TV or playing video games can distract your attention from what and how much is eaten and even decrease your memory of snacking. To avoid these types of distractions during mealtime, sit down at a table to eat so you can focus on your food and practice mindfulness.

Switch Up Your Snacks

When you have your snack cravings try asking yourself: Am I hungry? Am I thirsty? Am I tired? Am I bored? Am I sad? If you have ruled out, boredom, tiredness, and thirst, it is okay to have a small snack. Try out something with protein and fiber to provide that feeling of fullness and nutrients.

Try these tips to banish evening cravings and curb after-dinner snacking; and, if you must snack, go for nutritious options.

Article written by: Farrah Matthews, WCU Dietetic Intern

Mind Body Experiment

Love Your Body through Yoga
Wednesday, February 13
8pm-9pm
CRC Studio 2

Love Your Body through Yoga is a 45 minute restorative yoga class followed by 15 minutes of muscle relaxation. You'll leave this yoga session with a renewed appreciation for what your body is capable of and feeling relaxed and rejuvenated! This event is a part of Love Your Body Week and is a FREE event for the WCU Community.



The 9th annual Valley of the Lilies Half Marathon and 5K is sure to have exciting things in store. Race proceeds support WCU student professional development and travel for students in the School of Health Sciences or students working with the Department of Campus Recreation and Wellness.

Help us set a new record in 2019 by registering today at runsignup.com and don't forget to like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to get race updates during the coming months! For more information, you can also visit halfmarathon.wcu.edu!

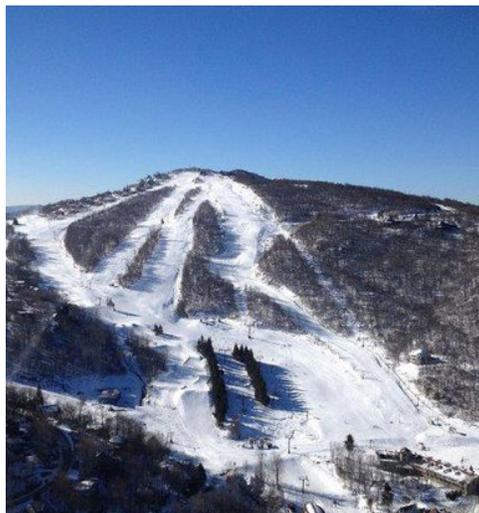
AAAI/ISMA Yoga Certification

CRW will host the AAAI-ISMA Yoga Phase I Certification on Saturday, March 23rd and Sunday, March 24th from 8:30am-5:00pm (both days). In the AAAI-ISMA Yoga Certification, participants will learn the yoga fundamentals for fitness instructors, in-depth training on basic yoga postures, practical applications for the fitness format, modifications, and safety concerns. Appropriate for new yoga instructors. The cost is \$150 if you register by Friday, March 15. Register online at the AAAI/ISMA website (www.aaai-ismafitness.com). Questions? Contact Mandy Dockendorf at aldockendorf@wcu.edu

Find your Fit with Group Exercise!

The Group Exercise program has a variety of offerings with something for everyone based on their individual interests and goals. For only \$10 for the entire spring semester you have access to all of the classes on the schedule so you can attend as many classes as you like! A few classes you'll see on the schedule this spring semester include Cardio Funk, Cycle 'n' Pump, Barre, Lower Body Blast, Yoga and many more! Grab a friend or meet some few friends today with Group Exercise! Purchase your pass anytime the CRC is open.

Trips & Programs



Cataloochee Ski Shuttle

Friday 2/8, 2/15, and 2/23 from 4:30pm-11:00pm
For each ski shuttle the registration deadline is the Friday before at 12pm (Noon).

Student Cost:

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

Faculty/Staff Cost:

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

12th Annual Rock and Rumble

Bouldering Competition

Saturday, 2/16 from 8:30am-6pm
\$25 Pre-registration | \$35 Day-of registration
Walk-up registration opens at 8:30am.
Heat 1 - 9:45am-12:45pm,
Heat 2 - 1:15pm-4:15pm.

There will be 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 and wrap up around 6pm.



Lead Climbing Clinic

Saturday 2/23, 9am-1pm
Cost: \$10 Students | \$15 Faculty/Staff
Registration Deadline:
Wednesday, 2/20

Outdoor Gear Rentals

Base Camp Cullowhee offers outdoor equipment rentals at the Adventure Shop for students, faculty, and staff. The Adventure Shop, located in the Campus Recreation Center, houses all of the outdoor gear rentals. From camping equipment and mountain bikes to whitewater gear, we've got it all.

To view a comprehensive list of gear and rental prices, visit <https://basecamp.wcu.edu>

Climbing Belay Workshops:

6-8pm | Climbing Wall | Free!
Weekly on Wednesdays
Beginning January 16th-May 1st

Kids Climb Night:

Friday, February 22nd
5-7pm
Cost: \$5/kid

Adventure Shop Hours

Monday: 11am-5pm
Tuesday-Thursday: 12-5pm
Friday: 10am-5pm

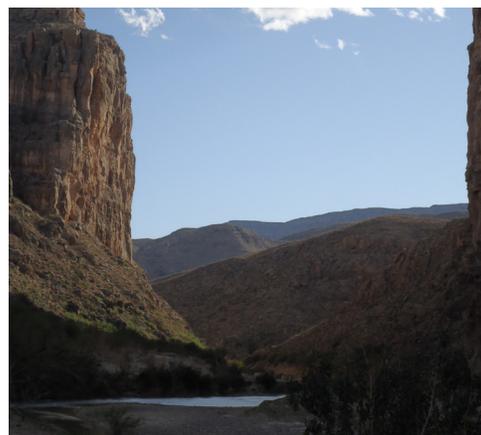
Climbing Wall Hours:

Monday-Thursday: 4-8pm
Friday: 4-7pm
Sunday: 5-8pm



Full Moon Winter Night Hike

Tuesday, 2/19 6:00pm-11:00pm
Cost: \$20 WCU Students | \$25 Faculty/Staff
Registration Deadline: Friday, 2/15 @ Midnight



Spring Break Trip

Canoe Expedition on the Rio Grande River

March 10 – March 17
Cost: \$560 WCU Students
Registration Deadline: Wednesday, 2/27

This float trip through Boquillas Canyon is located on the Rio Grande River in Big Bend National Park. This 33-mile scenic river trip offers up to Class II rapids, 1,200 foot canyon walls, and picturesque side hikes into slot canyons. This trip will consist of four-days paddling tandem canoes and back country camping. No previous paddling experience is necessary; however, participants should be in good physical shape and capable of paddling several miles a day. Paddling each day is dependent on weather and the group's ability. This trip will be self-supported, meaning all necessities of the group will be carried in the canoes for the entirety of the trip. On this trip, participants will learn Leave No Trace Principles, how to properly use gear, basic paddle strokes, and wilderness living skills. Participants will be expected to demonstrate appropriate expedition behavior and maintain good decision making and judgement throughout the trip.

Hours of Operation

Campus Recreation Center

Monday-Friday 6am-10pm
Saturday 9am-5pm
Sunday 1pm-9pm

Reid Pool

Hours of operation vary for open swim. For up-to-date hours of operation, visit reccenter.wcu.edu

Advising Day

The CRC and Reid Pool are open regular hours of operation on Advising Day, Tuesday, February 26th. For more hours of operation, visit <https://www.wcu.edu/experience/campus-recreation/hours-of-operation.aspx>

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

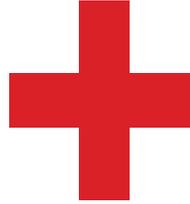
Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

WCU is a University of North Carolina campus and an Equal Opportunity Institution.

Lifeguarding Certification & Re-Certification

Lifeguarding Re-Certification
*Must currently be certified
Friday, 2/8 - Saturday 2/9 - Reid Pool
Register online at myrec.wcu.edu or at the CRC Front Desk.

Registration Deadline: 2/1
Pricing: Student \$75, Faculty/Staff \$85, WCU Community \$125



Lifeguarding Certification
Friday, 3/1 - Sunday 3/3
Reid Pool
Register online at myrec.wcu.edu or at the CRC Front Desk.

Registration Deadline: 2/1
Pricing: Student \$150, Faculty/Staff \$175, WCU Community \$250

EMPLOYEE OF THE MONTH



Ethan Lewis is from Ashe County, North Carolina. He is a senior, majoring in Parks & Recreation Management. His advise to his coworkers is to treat everybody with the same respect no matter their position. He appreciates all the opportunities the CRW has given him, as well as, the new friends and connections.

Ethan enjoys the outdoors. Some of his favorite things to do are hunting, fishing, and learning all he can about America's wildlife and wilderness.

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

PARTICIPANT OF THE MONTH

Emily Stafford is originally from rural central Ohio. She had been a Geology instructor at WCU since 2014. Her routine is to do around 10 minutes on the elliptical to warm up, then work on the muscle group of the day, then stretch. Emily tries to consistently add new exercises to keep it from getting boring. Her preferred time to work out is in the morning before it gets busy. She has been working out regularly since moving to Cullowhee. "It's great to have a good gym," says Emily.

For Emily motivation is tough. She takes her workouts one step at a time. The strategy is first go to the gym, then get on the elliptical, and then do her first exercise. Emily feels at that point it's a lot easier to tackle a whole workout.

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.