



“Motivation is what gets you started. Habit is what keeps you going.”
~Jim Rohn



Where can you level up?

At 211 degrees, water is hot. At 212 degrees, it boils. That one degree makes all the difference. We often find comfort in daily routines and habits. However, if you find yourself wanting to improve somewhere in life, we must change and adapt. And sometimes all it takes is one little adjustment, one degree of change, to make a noticeable improvement. Ask yourself this January – where can I make one degree of change? Where can I level up?



If you find yourself overwhelmed with the idea of change, or you're not quite sure where to start, let us help. Adopt one of the following small habits for the month of January to potentially enhance your overall wellbeing.

Compliment one stranger a day

When you force yourself to find a compliment to give, you are programming yourself to think positively. Positivity can lead to a better mood, and your one compliment just may make someone's entire day.

Eliminate added sugars

Added sugars zap our energy and leave us wanting even more to restock the depleted glycogen. Just 24 or 48 hours without added sugar can produce noticeable changes like better sleep, no midday crash, and more powerful workouts.

Rearrange the apps on your phone every 3 days

Do you find yourself on auto-pilot when thumbing through your favorite apps? Try rearranging their orientation on the screen, and you may experience a little extra brain stimulation the next time you swipe through to open one.

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Intramural Recreational Sports and More

Where can you level up?

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Make your bed

“If you want to change the world, start off by making your bed,” said Retired US Navy Admiral William H McCraven during his 2016 Commencement speech at the University of Texas. He continued, “If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task, and another, and another. Making your bed will also reinforce the fact that the little things matter. And if by chance you have a miserable day, you will come home to a bed that is made – that you made. And a made bed gives you encouragement that tomorrow will be better.”

Purposefully park a little farther away

Have you ever spent so much time looking for a closer parking spot that you realize you could have already been inside had you just parked farther away to begin with? If you’ve got the time, park a few rows back this month and let the extra steps add up. Every bit counts.

Intramural Recreational Sports

On behalf of the Intramural Recreational Sports program, we hope you had a restful break and are ready to get back into the action! Take a look at the following tournaments and leagues Intramural Sports is offering in January.

But first – we have some big news! Have you noticed the name change? Intramural Sports is slowly transitioning to a new title. This Spring, we are...**INTRAMURAL RECREATIONAL SPORTS!**

You’ll see signage along our marketing and social media start to change. We understand many members have loyalty to our Intramural name, but the new title will represent a more inclusive and recognizable program as we continue to grow. New name, same game.



When you return from break, keep an eye out for the following leagues and tournaments available for registration in January:

EVENT	REG. DEADLINE	LOCATION/PLAY STARTS	DIVISIONS
Indoor Spikeball Tournament	1/16/19	Reid Gym - 1/16/19 at 6pm	Open
Basketball League	1/23/19	Reid Gym - 1/28/19	Mens/Womens/CoRec
Indoor Soccer League	1/30/19	Reid Upstairs Gym - 2/4/19	Mens/Womens/CoRec
Dodgeball League	2/6/19	Reid Upstairs Gym - 2/10/19	CoRec

**Indoor Spikeball Tournament –
Wednesday, January 16th at 6pm.
Pre-register on Imleagues by 1/16 at noon.**

**Basketball League –
League starts Monday, January 28th**
We are offering Men’s, Women’s and CoRec divisions.
Gather at least five friends to create a team.
Register by Wednesday, January 23rd.

Be sure to follow Intramural Recreational Sports this Spring on all CRW portals!



WCU Campus Recreation



@WCUCampusRec



wcu_campusrec

Healthy New Year!

This year, skip the extreme dieting and long hours in the gym. Research shows that adopting an overall healthy lifestyle can do more than promote weight loss alone, it can also promote your overall health and reduce your risk for chronic diseases including diabetes, heart disease, stroke and even some types of cancer.

Here's a list of New Year Nutrition Resolutions:

- At every meal, fill half your plate with a variety of colorful fruits and vegetables.
- Make at least half the grains you eat whole grains, such as whole-wheat bread and pasta, quinoa, oats and brown rice. Check the food label, the first ingredient listed should be "whole grain" or "whole wheat."
- Choose healthy protein sources, such as lean meats and poultry, seafood, beans and peas, eggs and nuts and seeds.
- Eat low-fat dairy foods. If you're sensitive to lactose, try calcium-fortified soy beverages.
- Limit foods with added fats, sugars and salt.
- Adding at least 30 minutes of physical activity to your daily routine.



Make a commitment to making these overall changes in your diet this year and you are on your way to a healthier you! You don't have to do them all at once either. Something to try is to commit to one of these, and once you feel comfortable and have it added into your daily routine, add another one. This will increase your chance of success with your lifestyle change. Now is the time to invest in a high-quality life, and eating right and staying active can make that happen.

Article written by: Farrah Matthews, WCU Dietetic Intern

Group Exercise Spring Schedule

The Group X class schedule will begin on Monday, January 14. Classes Monday, January 14 – Friday, January 18 are FREE for all CRC members. Beginning on Tuesday, January 22, a Group X pass will be required to attend classes.

The cost for a Group X pass for the semester is \$10, which includes all classes on the schedule. The group setting is a great way to stay motivated and to ensure a safe and effective workout. Classes include, but are not limited to, yoga, cardio funk, ab attack, total body conditioning, lower body blast, barre, and cycle. There is something for everyone in Group X!



Personal Training Promotion

Do you set fitness goals for 2019 but not sure how to achieve them? It's never too late to ask for advice or assistance towards your new year's resolutions and new fitness goals. A personal trainer can give you the knowledge, tools, and motivation to accomplish all that you set out to do!

The CRW offers a variety of training packages from one on one sessions, designing an 8-week training program based on the client's goals, and small group training (2-6 people). There is a training package for everyone no matter your level of motivation, current fitness level, or goals!

To help you get started the CRW is offering 10% discount on any of our personal training packages for the month of January!

5 Individual Sessions	\$58.50
10 Individual Sessions	\$99.00
Your Personal Program	\$45.00
Small Group Training (groups of 2-6 individuals)	
Four Sessions	\$22.50/person
Eight Sessions	\$45.00/person

Let our nationally certified personal trainers help you start working towards your 2019 goals today!

AAAI/ISMA Personal Fitness Trainer Certification

CRW will host AAAI-ISMA Personal Fitness Trainer Certification on Saturday, February 2 from 8:30am-5:00pm. The AAAI-ISMA Personal Fitness Certification is for anyone who is interested in becoming a personal trainer or enhancing his or her training skills. The certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills.

The certification is \$99 if you pre-register by January 18. Registration forms are available in the CRC and must be sent into AAAI/ISMA. There is also an option to register online. Please register early; a minimum number of participants must be registered early to host the event. If you have further questions, contact Mandy Dockendorf at aldockendorf@wcu.edu

Trips & Programs

Cataloochee Ski Shuttle

Friday 1/25, 4:30-11pm

Registration Deadline: Friday, 1/18 @12pm

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

**** Ski shuttles will be the following Friday evenings: February 1st, February 8th, February 15th, and February 22nd. For each ski shuttle the registration deadline is the Friday before at 12pm.**



Caving Day Trip at Worley's Cave

Saturday, 2/2, 8am-9pm

Registration Deadline: Wednesday, 1/30 @ 5pm

Cost: Students \$30, Faculty/Staff \$35

Rock Climbing 201 at Big Rock, SC

Sunday, 2/3, 8am-4pm

Registration Deadline: Wednesday, 1/30 @ 5pm

Cost: Students \$30, Faculty/Staff \$35



Climbing Belay Workshops:

6-8pm | Climbing Wall | Free!

Weekly on Wednesdays

Beginning January 16th-May 1st

Kids Climb Night:

Friday, January 25th

5-7pm

Cost: \$5/kid

Hours of Operation

Spring Hours of Operation begin on Monday, January 14th. Below are the hours of operation for the Adventure Shop, Climbing Wall, and Cycle Shop for Spring 2019.

Adventure Shop Hours:

Monday: 11am-5pm

Tuesday-Thursday: 12-5pm

Friday: 10am-5pm

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>

Cycle Shop Hours:

Monday/Thursday 3-5pm

Located on the back side of the CRC

Climbing Wall Hours:

Monday-Thursday: 4-8pm

Friday: 4-7pm

Sunday: 5-8pm



Hours of Operation

Campus Recreation Center

Wednesday, Jan. 2nd – Friday, Jan. 4th 11am-7pm
Saturday, Jan. 5th & Sunday, Jan. 6th Closed
Monday, Jan. 7th – Friday, Jan. 11th 11am-7pm
Saturday, Jan. 12th Closed for Staff Training
Sunday, Jan. 13th 5pm-9pm
Monday, Jan. 14th Regular Spring 2019 Hours

Reid Pool

Wednesday, Jan. 2nd – Friday, Jan. 4th 11am-1pm
Saturday, Jan. 5th & Sunday, Jan. 6th Closed
Monday, Jan. 7th – Friday, Jan. 11th 11am-1pm
Saturday, Jan. 12th Closed for Staff Training
Sunday, Jan. 13th 5pm-8pm
Monday, Jan. 14th Regular Spring 2019 Hours

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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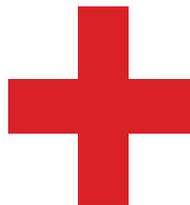
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CAMPUS RECREATION & WELLNESS

Adult CPR/AED and First Aid Certification

Adult CPR/AED & First Aid Certification
Monday, 1/28 from 5pm-7pm
CRC Meeting Room

Pricing: Student \$35, Faculty/Staff \$45,
WCU Community \$65



Register online at myrec.wcu.edu or at the CRC Front Desk by 1/23

*Must successfully complete an online portion of the certification before attending the in-class session.

EMPLOYEE OF THE MONTH



Courtney Pulliam is originally from Reidsville, NC. She is a junior with a double major in History and Spanish. Talking to and interacting with patrons is one of her favorite things about working with Campus Recreation and Wellness.

She makes it a point to smile at everyone she meets because that could be the only positive encounter a person may have. For her health is more than just fitness. Surrounding herself with good friends and atmospheres that produce laughter is just as important as working out. If you don't see Courtney at the CRC or writing essays about history, she's at the movies with friends and enjoying life.

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

PARTICIPANT OF THE MONTH

Cody Howard hails from Murphy, North Carolina. He graduated from Western Carolina University in May of 2018 from the Criminal Justice Department.

Cody has been exercising for the past four years. Early mornings are his preferred time to work out and his favorite things to do are deadlifts and swimming. Cody also loves to hike with his dog and play Disc Golf.

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.