



Summer in Western North Carolina

Summer in Western North Carolina is prime outdoor recreation season and affords many pristine mountains, rivers, and trails on which to recreate. WNC has some of the best parks and forests in the country and are great locations for experiencing a run, hike, paddle, bike or climb. Take time this summer to get away from everyday stress, be active, and build memories with family and friends.

No matter what your outdoor passion is, here are some great tips to help you enjoy and experience the great outdoors this summer.

1. Share the experience with family and friends - Sharing experiences outdoors with family and friends is beneficial to each of the people individually, strengthens relationships between one another, and it may even help out the environment.

When recreating with others we are often more active, which can be found to have various health benefits to all involved. We also build trust and stronger relationships when working and playing together outdoors. And by recreating outdoors, we share our values with family and friends about the importance of land stewardship and protecting the places we love to visit. When we have positive interactions with people in an outdoor setting, we assign meanings to that setting. In turn, the place becomes special to us and we tend to care for the place.

2. Appreciate the natural beauty of the world around you - Many of us do not recognize nor

realize the natural beauty in our own backyards or at nearby parks and forests. Research has shown that just viewing natural landscapes and pictures has positive impacts on our physical and mental health. Spending time appreciating nature also helps us understand why it is important to invest in protecting landscapes and wildlife for our kids and grand kids.

3. Visit a pristine environment and escape the everyday - Going to a federally designated wilderness area or off the beaten path is a great way to unplug and rejuvenate the soul. Visiting more remote natural areas allows you to have an excuse not to check your email, social media or to take an unwanted call. Many people who take a short vacation in such places report that the break from the everyday helps them feel refreshed, more creative and more productive when returning to home and work.

4. See a unique resource and fulfill your curiosity - Humans are naturally curious. People from around the world come to the United States to see our parks and forests because they hold some of the best examples of what natural, historical and cultural resources we have to offer. Bring your family and friends and spark their imagination at one of our national treasures - One of which is in our backyard, Great Smoky Mountain National Park!

Stay Hydrated!

Did you know 75% of Americans are chronically dehydrated according to StayHealthy.org. When you feel thirsty, you are already dehydrated so drink more water!



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Intramural Sports

For those here to stay this summer, Intramural Sports are right there with you! Check out the following programs available in June and July. All summer and fall students, faculty and staff are eligible to participate with a valid CatCard.



June

- 4 on 4 Flag Football League: Register an open team of 4 players by Wednesday, June 7th. Games are played on Tuesdays in June, starting the 13th.
- 4 on 4 Soccer League: Register an open team of 4 players by Wednesday, June 7th. Games are played on Thursdays in June, starting the 15th.

July

- 4 on 4 Sand Volleyball League: Register an open team of 4 players by Wednesday, July 5th. Games are played on Mondays in July, starting the 10th.
- 3 on 3 Basketball League: Register an open team of 3 players by Wednesday, July 5th. Games are played on Thursdays in July, starting the 13th.

All registrations are available on Imleagues.com/wcu or on the RecIT app – the official app of IMLeagues.



SUMMER SOCCER



SUMMER VOLLEYBALL



SUMMER VOLLEYBALL

FITNESS



CRC Members, we are excited to announce that we are updating some of our fitness equipment in the Campus Recreation Center. This summer you will see some new pieces arrive, and some older pieces removed. See the list to the right of what will be added and removed.

EQUIPMENT UPDATE

New Additions

- 3 New Matrix Treadmills
- 5 New True Ellipticals
- 1 New Cable Cross Machine

Removed

- 5 True Ellipticals (Older Models on 2nd row)
- 1 Body Masters Cable Cross Machine
- 2 Nautilus Steppers (not the stairmasters)
- 1 Sports Art Treadmill

We hope you enjoy the new equipment and would love to hear your feedback.

Please let a student staff member know what you think or you can email our Associate Director, Brandon MacCallum, directly at bmmacallum@wcu.edu.

Get fit this summer with



The Summer Session I Group X schedule begins on Wednesday, May 31 and runs through Friday, June 30. The cost is only \$5.00 for CRC Members for everything on the schedule for SSI. There is an option to purchase a pass for both SSI and SSII for \$10. To register, bring your CatCard and cash or check to the CRC.

Please also join us during Summer Session II. Our Group X Summer Session II schedule will run from Wednesday, July 5 through Friday, August 4. Again, the cost is only \$5.00 for CRC Members for everything on the schedule. The Summer Session II schedule will be online beginning Thursday, June 29.

Summer Session I Schedule: May 31-June 30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:10-12:55P	BUTTS 'N' GUTS SHAUNA STUDIO 2	ZUMBA SLOAN STUDIO 1	YOGA MANDY STUDIO 2	AQUA COMBO SHAUNA REID POOL	OUTDOOR FITNESS MANDY MEET CRC LOBBY
12:10-12:55P		AQUA COMBO MANDY REID POOL			

Class Descriptions:

Aqua Combo: Combination of shallow water and deep water exercises (buoyancy belts provided).

Butts 'n' Guts: Focus on strengthening your lower body and core muscles.

Outdoor Fitness: This sport performance class is designed to build flexibility while increasing overall strength and improving stability.

Yoga: Learn the asanas (postures) for a better understanding of yoga benefits.

Zumba: Add some zest to your workout routine with fast and slow Latin & Hip Hop rhythms with easy-to-follow moves.

All About Fats: The Good, The Bad, and The Ugly

The Good

Healthy fats are polyunsaturated and offer protection to the body by supporting in the reduction of blood cholesterol. These fats are primarily found in fish such as salmon, tuna, trout, sardines, and mackerel. Plant-based sources include avocado, flaxseeds, and various other nuts. A healthy meal plan should have these various options as primary sources of polyunsaturated fat(1).

The Bad

Saturated fats are not necessarily bad by themselves and actually offer physiological and structural function. However, excessive amounts increase bad cholesterol (LDL) and that can increase a person's risk of stroke and heart disease. The current recommendation is less than 10 percent of calories should come from saturated fat and only 5-6 percent if you need to lower your

blood cholesterol. Consistent evidence shows that replacing saturated fat with the polyunsaturated fatty acids can decrease blood cholesterol and LDL cholesterol. Sources of saturated fats are animal products like beef, processed meats, and chicken with skin. Other sources include lard, gravy, and butter(1-2).

The Ugly

Trans fats are man-made and are a by-product from the hydrogenation of vegetable oils. Trans fats not only raise bad cholesterol, but they also lower good cholesterol (HDL). Trans fats can be found in processed baked goods like cookies, crackers, chips, and pie crust and other processed foods(1).

Healthy eating pattern for Heart Health Emphasize on eating fruits and vegetables, whole grains, the protein sources with healthy fats such

as the fatty fish, nuts and seeds. Eat chicken without the skin and limit intake of red meat. Some healthy oils are olive oil and canola oil.1

References

1. Know Your Fats. American Heart Association. http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Know-Your-Fats_UCM_305628_Article.jsp#.WKH4oRIZOEI.
2. A Closer Look Inside Healthy Eating Patterns - 2015-2020 Dietary Guidelines. <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#callout-dietary-fats>.

Provided by Anthony Walker, WCU Dietetic Intern

Outdoor Programs

Best Swimming Holes in Western North Carolina

It is summer time now, and with the temperatures rising, Base Camp Cullowhee has a few suggestions to offer for places to cool off on hot summer days. These are some favorite swimming holes for BCC staff.

DEEP CREEK TUBING



Located near Bryson City on the North Carolina side of the Great Smoky Mountain National Park. Enjoy floating down Deep Creek while admiring the scenery.

SKINNY DIP FALLS



Located along the Blue Ridge Parkway it is a short hike beautiful waterfalls and several areas to soak and wade in very cool mountain waters.

HOOKER FALLS



Located in DuPont State Forest near Brevard, NC. Swim or float in a pool below a 12-foot waterfall.

SCHOOLHOUSE FALLS



Located in Panthertown Valley in Nantahala National Forest. This waterfall is small but provides a pool for splashing and beautiful surroundings.

SLIDING ROCK



Located in Pisgah National Forest near Brevard. Slide down a 60-foot smooth rock waterfall into a pool of chilly water.

While checking out these local swimming holes, keep in mind swimming, waterfall, and hiking safety. Most of these require a hike to access the swimming hole. Several injuries and deaths occur each year from swimming and waterfall accidents.

Accidents can be prevented by:

- Not climbing the waterfall or surrounding rocks
- Paying attention to slick or sharp rocks
- Wearing shoes and other appropriate attire
- Not diving or jumping off waterfalls or rocks
- Never playing or swimming above the drop of a waterfall

BCC Summer Events

Are you a student, faculty, or staff who is around campus this summer? If so, check out what outdoor programs has to offer!

Bear Lake Canoe and Hike

Date: Saturday, 7/8 @ 10am

Cost: \$30 (students) / \$35 (non-students)

Registration Deadline: Thursday, 7/6 @ 5pm

Register online at basecamp.wcu.edu

Rock Climbing 101

Dates: Sunday 7/9 & Sunday 7/23 @ 8am

Cost: \$30 (students) / \$35 (faculty/staff/guest)

Registration Deadline: Thursday 7/6 & Thursday 7/20 @ 5pm

Register online at basecamp.wcu.edu

Hike and Swim

Date: Saturday 7/15 @ 10am

Cost: \$20 (students) / \$25 (faculty/staff/guest)

Registration Deadline: Thursday 7/13 @ 5pm

Register online at basecamp.wcu.edu

Standup Paddle Boarding 101

Date: Sunday, 7/30 @ 1pm

Cost: \$25 (student) / \$30 (faculty/staff/guest)

Registration Deadline: Thursday 7/27 @ 5pm

Register online at basecamp.wcu.edu

First Ascent

Join Base Camp Cullowhee for WCU's Wilderness Orientation Program and kick off your college journey with a little adventure! First Ascent is a small group (6-10 people) extended wilderness trip for incoming students. Get away from all the distractions of civilization and go deep into the mountains around WCU.

Dates: Saturday 8/12 – Thursday 8/17

Early Bird Registration Ends: Friday 7/7

Cost: \$275

Normal Registration Ends: Wednesday 7/26

Cost: \$300

Climbing Wall: Open Climb

Join BCC staff this summer on Mondays and Thursdays (6/1-7/31) from 4pm-7pm for Open Climb. You must be a CRC member for access to the Climbing Wall.

Hours of Operation

Summer Session (SSI & II)

Campus Recreation Center:
Monday-Friday 6:00am-8:00pm
Saturday 9:00am-12:00pm
Sunday 5:00pm-8:00pm

Reid Pool: *
Monday-Friday 6:00am-8:00am
Mon, Wed, Fri 12:00pm-1:00pm
Monday – Friday 3:00pm-5:00pm
Saturday 10:00am-12:00pm
Sunday 5:00pm-7:00pm

*Hours are subject to change due to special events, groups, maintenance, etc. Please check reccenter.wcu.edu for up-to-date hours.

**All facilities are closed due to the holiday on Tuesday, July 4th.

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



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.

Did you know?

Did you know that, over the past year, we have taken feedback from our surveys to make the following improvements?

- Added two squat racks and expanded the free weight area
- Added a climbing wall service desk
- Added facility and risk signage on the disc golf course
- Implemented the Catamount Fit program to meet those looking for functional fitness opportunities
- Re-opened the cycle shop and, subsequently, offered mountain bike rentals again
- Tried 6am-8am hours over breaks

Currently, CRW is working with recent feedback to assess the feasibility of the following opportunities for 2017-2018: Expanded hours of operation on breaks and adjusted hours on weekends, replacement of the weight lifting bars in the free weight area, designating jogging/walking lanes on the indoor track, implementing a new long-term locker policy/system, and adjusting some Group Exercise offerings. We appreciate your feedback!

EMPLOYEE OF THE MONTH

Katie Gunn hails from Gibsonville, North Carolina. She is a senior majoring in Social Sciences Education and History, with a minor in Political Science. Katie plans on being a high school History teacher. Her advice for her coworkers is, "Always come into work with a positive attitude and always strive to do your best." Katie's favorite thing about working at the Campus Recreation Center is the people she gets to work with, and of course, getting to know the patrons.



MEMBER OF THE MONTH

Alison Krauss is originally born and raised in Franklin, North Carolina. She has worked in Research Administration in the Graduate School and Research for the past four years, although she has been a part of Western Carolina University's staff for eight years, and a double alumni. Alison has a love/hate relationship with Spin because it's so hard but she's feels great afterwards. She also is learning to love pull-ups. Her preferred time to come to the gym is during lunch. She's been doing Group X for years but started training for Spartan races back in January, working toward her trifecta this year! In her words, "I love hiking, biking, and any other outdoor activity with my kids. I'm also part of the Plott Balsam Runners in Jackson County. If you are into trail running, check us out! We live in such a beautiful area that it's hard to stay inside."



Have someone in mind for Employee or Member of the Month?
Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.