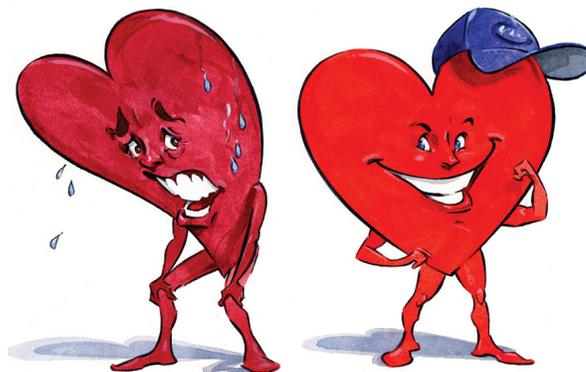




Nutrition Month

It is no secret heart disease is the number one cause of death in the US. For the past few decades, we have been taught consuming fats is what leads to heart disease. Recent research begs to differ. The 2017 prospective cohort study, *Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE)*, involving 135,355 individuals, found that consuming diets high in carbohydrates (especially processed/refined carbs) not fats led to the highest incidences of heart disease. Excess processed carbs in our bodies leads to diabetes which is the number one risk factor for heart disease and stroke.

An easy tip to avoid processed carbs while grocery shopping is to shop the outer edges of the store. Think about the *Sylvia Ingles* or *Walmart*. Enter and head along the right perimeter and you come upon the bakery for fresh breads, then the produce section with fresh fruits and vegetables, continue along and reach the meat section, and finally arrive at dairy. All the heavily processed foods are located in the middle of the store, in the aisles.



Aside from the all-you-can-eat dining locations, the dining options on campus are designed around convenience. This leads to meal options consisting mainly of carbs, unless you are careful. While our bodies need carbs for quick energy, excess carbs (especially processed/refined carbs) can be detrimental to our health in the long run. Keep that mini-fridge stocked with things like nuts, cheese, veggies, fruits, and hummus for a quick, fueling snack. Eating proteins and fats will keep you going longer than eating processed carbohydrates.

College is a time and place for many first's, one of which is autonomy over your diet. Whether you live on campus or in an apartment, what you eat each day is entirely your decision! For most, this is when and where lifelong eating habits begin to form. While very few of us have the discipline, time, and resources to adhere to a calculated diet, (hats off to those of you who do!) it is important to be conscious of what we are eating. Think of food as fuel for your body and mind!

[http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(17\)32252-3.pdf](http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(17)32252-3.pdf)

Photo courtesy of: www.minnesotamonthly.com/img_2016-11_Cardiovascular-Health_G.jpg

Did you know March is National Nutrition Month?

The 2018 theme is *Go Further with Food.*

Check out eatright.org for several nutrition month resources.



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Intramural and Club Sports

Intramural Sports Upcoming Events

Spring is around the corner, and Intramural Sports are ready to head outside! The following leagues and tournaments are available for registration in March.

Tournaments

EVENT	LOCATION	EVENT DATE	TIME
Water Battleship	Reid Gym	4/8/18	2 pm

Leagues

EVENT	REGISTER BY	PLAY STARTS	DIVISIONS
Softball League	3/16/18	3/21/18	Mens/Womens/CoRec Comp/CoRec Rec
Sand Volleyball League	3/28/18	4/2/18	Mens/Womens/CoRec Comp/CoRec Rec
4v4 Flag Football League	4/4/18	4/8/18	Open
Kickball League	4/4/18	4/10/18	CoRec

March Madness

Pick your winners for the NCAA Men's and Women's Basketball Tournaments on your personalized Imleagues bracket! Register your bracket and make your picks by March 13th .



Register for all Intramural Sports on Imleagues or the Imleagues App - the official app of Imleagues.



Club Sports February Competitions & Results

Women's Club Volleyball traveled to UNCG, on February 3rd, and went 1-3 in their matches during the tournament, beating ECU in two straight sets for their win.

Women's Club Rugby traveled to New Orleans to compete in a tournament on February 3rd. They fell to Tulane and LSU, but completed a commanding victory over SIU 55-0 on the day. The Club also traveled to Charlotte to compete in a match against Queens University. Despite a loss to Queens, the club played well and named Anna Maier as the MVP for the day.

The Climbing Club competed in the Rock 'n' Rumble hosted at the CRC climbing wall on February 17th. Several climbers from WCU, as well as visiting clubs, competed to have their times recorded for USA Climbing standings.

Several other WCU clubs attended competitions in February. Men's Club Baseball competed on three separate weekends, the Equestrian Club traveled to Bristol, VA, the Ultimate Club traveled to Charleston, SC, and the Climbing Club traveled to a competition the last weekend of the month.

Upcoming Club Sports Home Competitions

Women's Club Volleyball:
Saturday, March 17th, CRC Courts

Men's Club Baseball:
Saturday & Sunday, March 24th & 25th, Fairview Baseball Field

Men's Club Volleyball:
Saturday, March 24th, CRC Courts

Ultimate Frisbee:
Saturday, March 24th, Jackson County Parks and Recreation

Come support your Catamounts in action!

Importance of Hydration

Did you know water makes up approximately 60% of your body weight? Drinking water every day is good for your overall health. Water has a vast array of functions in the body including: regulating body temperature, aiding digestion, dissolving vitamins and minerals, carrying nutrients and oxygen and maintaining weight.

So, how much water should you drink every day? Your individual water needs depend on many factors, including your health, how active you are and where you live. There is not an universal formula that fits everyone, but knowing more about your body's need for fluids will help you estimate how much water to drink each day.

The general recommendation is:

- About 15.5 cups of fluids for men
- About 11.5 cups of fluids a day for women

These recommendations are for all fluids, including fluids from water, other beverages, and food. Around 20% of daily fluid intake usually comes from food.

A more specific recommendation is:

$30\text{mL} \times \text{body weight (in kilograms)} = \text{daily fluid needs in milliliters}$

How do you know if you are hydrated? Your fluid intake is probably adequate if:

- You rarely feel thirsty
- Your urine is colorless or light yellow

Preventing Dehydration:

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to:

- Drink a glass of water or other calorie-free or low-calorie beverage with and between each meal.
- Drink water before, during and after exercise.
- Drink water if you're feeling hungry. Thirst is often confused with hunger.

Article written by: Farrah Matthews, WCU Dietetic Intern - Photo: dieticle.com



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 will initially meet with you to conduct a fitness assessment to determine your current fitness level and then sit down with you to determine the best course of action to help you meet your goals. There are a variety of training packages available including small group training packages. For more information, inquire at the Campus Recreation Center.

Purchase your sessions from March 12 – April 6 for a free session (or 2)!

- Purchase 10 Sessions get 2 free
- Purchase 5 Sessions get 1 free
- Small Group Training
 - o Purchase 4 sessions get 1 free
 - o Purchase 8 sessions get 2 free



Max The Lift with Group eXercise

Group Xercise is a great way to “lift” your mind, body, and spirit. As the second half of the semester gets started, let the group x classes help you reduce some stress and help you achieve your health and fitness goals. Check out the latest group x schedule on the Campus Recreation Center (CRC) website, a new and updated schedule will begin after spring break on Monday, March 12 and will end on Friday, May 4. If you do not currently have a group x pass, you can purchase one for \$10 anytime the CRC is open. We look forward to seeing you in class soon!

Mind-Body Experiment

Mindfulness and Self-Compassion
Wednesday, March 21
7:00-8:00pm
CRC Studio 2

2018 Valley of the Lilies Half Marathon and 5K

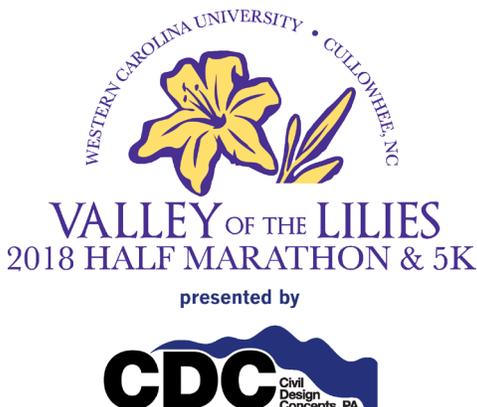
Don't Miss Out on Early Registration Pricing!

Race Date: Saturday, April 7, 2018
Time: Half Marathon starts at 8am,
5K starts at 8:15am

For more information visit:
Halfmarathon.wcu.edu

Prices go up after March 9th.
Register today at runsignup.com!

Like us on Facebook, WCU Valley of the Lilies Half Marathon & 5K, to get updates on all of the exciting news in the upcoming months!



Outdoor Programs



Rock Climbing 101

Saturday, March 24th

Have you ever wanted to learn the art and craft of rock climbing? Come join Base Camp for a day of top rope climbing at a local crag located in the majestic Nantahala National Forest. Learn the foundations to rock climbing, to include terminology, hazards, equipment, knots, belaying, climbing technique and the mental game. Your Base Camp staff will ensure a great time of community building and instruct you through a full day of rock climbing, challenging you mentally and physically. Our goal is to give you the tools to progress in the sport of rock climbing, with a focus on climbing safely.



Trail Service Day

Saturday, March 17th

Cost: FREE

Registration Deadline: March 15th @ 5pm



Roll Clinics

Weekly on Thursday from March 1-April 26

Cost: FREE

Location: Reid Pool



Tuck River Clean Up

Saturday, April 14th

Cost: FREE

Register the day of on the UC lawn from 10am-1pm



Belay Clinics

Weekly on Wednesdays, 6-8pm - Free

Kids Climb

Friday, March 23rd, 5-7pm - \$5/kid

Bike Shop Hours

Tuesday/Thursday: 3-5pm

Climbing Wall Hours

Monday-Thursday: 4-8pm

Friday: 4-7pm

Sunday: 5-8pm

Adventure Shop Hours

Monday: 11am-5pm

Tuesday-Thursday: 12-5pm

Friday: 10am-5pm



Spring Break Hours

Campus Recreation Center

Friday, March 2nd
6:00am-7:00pm
Saturday, March 3rd & Sunday, March 4th
Closed
Monday, March 5th – Friday, March 9th
11:00am-7:00pm
Saturday, March 10th
Closed
Sunday, March 11th
5:00pm-9:00pm
Monday, March 12th
Resume Regular Hours

Reid Pool

Friday, March 2nd
6:00am-8:00am, 11:00am-7:00pm
Saturday, March 3rd – Saturday, March 10th
Closed
Sunday, March 11th
5:00pm-8:00pm
Monday, March 12th
Resume Regular Hours

Easter Break Hours

Campus Recreation Center

Tuesday, March 27th 6:00am-7:00pm
Wednesday, March 28th 11:00am-7:00pm
Thursday, March 29th 11:00am-7:00pm
Friday, March 30th & Saturday, March 31st Closed
Sunday, April 1st 5:00pm-9:00pm
Monday, April 2nd Resume Regular Hours

Reid Pool

Tuesday, March 27th 6:00am-8:00am, 10:00am-3:45pm
Wednesday, March 28th 11:00am-1:00pm
Thursday, March 29th 11:00am-1:00pm
Friday, March 30th & Saturday, March 31st Closed
Sunday, April 1st 5:00pm-8:00pm
Monday, April 2nd Resume Regular Hours

Health & Safety

Lifeguarding Re-Certification



Friday-Saturday 3/23-3/24
Reid Pool
Register online at myrec.wcu.edu or
the CRC Front Desk.

Registration Deadline: 3/16/18
Pricing: WCU Student \$75,
WCU Faculty/Staff \$85,
WCU Community \$125

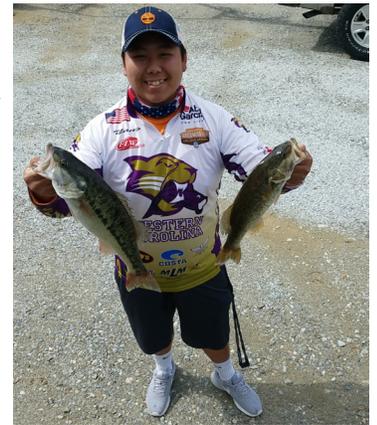
EMPLOYEE OF THE MONTH

Yang Xiong was born in Minnesota and moved to Morgantown, NC when he was three, and his family still resides there.

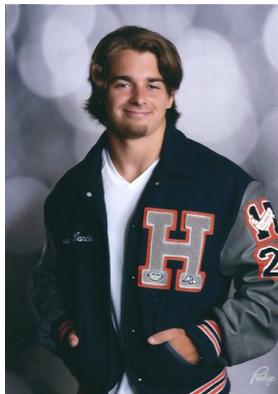
Yang is an Electrical Engineering major in his senior year. He loves to fish and hunt. Yang is also fluent in three languages, English being his third language.

His advice to his fellow coworkers is, "Live as long as you want, but don't want as long as you live." What he loves most about working at the CRC is all the staff and coworkers. He says it's a lot better than his past jobs and being able to spend time talking with his coworkers makes the time go by fast.

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



PARTICIPANT OF THE MONTH



Dawson Landers originally hails from Habersham, Georgia. He is currently a freshman at Western Carolina University.

His favorite muscle group to work out is most definitely his legs. His desired time to work out is 6 am. He has been exercising for three years and loves it.

Dawson also enjoys working out in the gym, not only for building muscle, but also for meeting new friends with the same hobby of working out.

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

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

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