



During November, give thanks for all the opportunities even your struggles bring!

Staying Healthy & Happy During the Holidays

The holiday season is just around the corner and, for most people, that means food, gatherings, and indulgences. Here are a few tips for keeping yourself healthy and happy during the holiday season!

1. **Manage Stress Levels.** Give yourself a break if you start to feel stressed out or overwhelmed. Find ways to alleviate your stress from exams, work, relationships, and holiday travel. We all manage our stress differently. Some ideas to keep your stress level low might be practicing yoga or meditation, reducing your holiday commitments, or recommitting to healthy habits. Do whatever it is you do to keep stress levels low. Get support from family, friends, or a professional.
2. **Eat Breakfast.** Fuel your body first thing in the morning to keep hunger pains at bay during the day. This will help keep your metabolism charged and help prevent you from overeating during that holiday party or when the large holiday meal is ready.
3. **Everything in Moderation.** Even though it is the holiday season, try to still design your plate around the myplate.gov recommendations. It is okay to indulge some, but keep the majority of your larger meal focused on whole grains, healthy proteins, fruits, and vegetables. Eat slowly and thoughtfully. Drink water! Staying hydrated keeps us feeling fuller longer and assists in digestion.
4. **Avoid Mindless Munching.** Grazing throughout the day can really add a lot of calories to your daily intake. Be cognizant of munching while your mind is really on an alternate activity, such as watching football, cooking, or playing a board game.
5. **Stay Active.** Try a turkey trot near your hometown or plan a fun, family activity. Regardless of the workout, you are sure to feel better about what the day brings and you will be more aware of your body.
6. **Enjoy yourself.** Mental health is as important as your physical health. Remember what the holiday season is all about, celebrating and connecting with the people you care about.

Remember to check out the CRC and Reid Pool Hours of Operation over the Thanksgiving Holiday and be sure to join us after the break. Maintaining some form of exercise routine can help you better manage your stress, give you a boost of energy, and clear your thought processes at the end of the semester.



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HAPPY THANKSGIVING!

Intramural, Club Sports & Special Events



Check out these final few intramural events and tournaments of the semester. Don't miss your chance to get your hands on a champion T-shirt!



Indoor Climbing Challenge

Come showcase your climbing wall skills at the Indoor Climbing Challenge on Monday, Nov. 13th and Tuesday, Nov. 14th from 7-9pm. We offer recreational, intermediate, and advanced divisions for men and women. Routes are pre-set, and climbers will attempt routes based on difficulty and skill. Pre-registration is required. Register at the climbing wall or on Imleagues by noon on 11/13. Rules and notes can be found on the Climbing Challenge homepage on IMLeagues.

Outdoor Soccer Champ Night

Thursday, November 2nd @ WCU Stadium
Women's Final: 7:30pm
CoRec Final: 8:30pm
Men's Final: 9:30pm

E-Sports Tournament

Event is on Friday, December 1st at 6pm. Register for either FIFA, Mario Kart or BOTH! Participants will be placed in either a single or double elimination bracket, dependent on the number of entries.

Dodgeball Champ Night

Thursday, November 30th starting at 7pm in Upstairs Reid



Club Sports

The fall competition season is nearing the end, with only one home game to go. Support your Women's Club Rugby Team in their final home game of the semester (details below).

Thank you to all of our club teams on their efforts with community service and fundraising this fall!

Remember, some clubs offer opportunities to join their team throughout the year, and some may even offer spring tryouts. Check out what club sports have to offer and Join 'Em! Go Cats!

Women's Rugby Game vs. UNC - Wilmington

Saturday, November 18th 12pm
CRW Fields

To find out more about our club sport teams, please visit our club sport webpage at go.wcu.edu/crw, visit a club's imleagues page.



VALLEY OF THE LILIES 2018 HALF MARATHON & 5K

5 Reasons to Register for the Valley of the Lilies Today!

Registering for a Half Marathon or 5K is a commitment that is sometimes difficult to make when the race is still four to five months away, but here are 8 great reasons to register today and to pick this race!

1. Location! Location! Location! – What better place to run a race than in the beautiful mountains of NC??!?!?
2. Training – The earlier you register, the longer you have to train so you feel prepared on race day.
3. Registration Rates – Prices go up as we get closer to race day. By registering early, you don't risk paying a higher price!
4. Helping Students – You are running for a great cause, one that supports WCU students!
5. Challenge Yourself – Set a goal to finish, to run the entire race, or to set a new PR. Whatever your goal, it's an opportunity to challenge yourself!

Register today at runsignup.com or check out more information at halfmarathon.wcu.edu!

Coffee

Coffee is by far one of the most enjoyed beverages around the world. Most of us can attest to the glory of coffee in the morning and even in the afternoon. What other benefits does coffee offer besides that cognitive jolt? Good news! Recent studies are finding health benefits to consuming coffee.

The Nurses' Health Study that consisted of 83,073 women showed that regular coffee consumption was associated with a modest reduction in stroke risk.¹

An additional study found a reduced risk of heart disease with 37,514 participants that consumed a moderate amount of coffee.²

Coffee even offers protection against gallstones in men.³

References

1. Lopez-Garcia E, Rodriguez-Artalejo F, Rexrode KM, Logroscino G, Hu FB, van Dam RM. Coffee consumption and risk of stroke in women. *Circulation*. 2009;119:1116-23.
2. 18. de Koning Gans JM, Uiterwaal CS, van der Schouw YT, et al. Tea and coffee consumption and cardiovascular morbidity and mortality. *Arterioscler Thromb Vasc Biol*. 2010;30:1665-71.
3. Leitzmann MF, Willett WC, Rimm EB, et al. A prospective study of coffee consumption and the risk of symptomatic gallstone disease in men. *JAMA*. 1999;281:2106-12.

Provided by Anthony Walker, WCU Dietetic Intern

Is it a miracle in a cup?

These are just a few of the proposed health benefits of coffee....we could keep going. Exciting right? So, how much coffee should you drink then? Two to three 8 ounce cups are considered moderate consumption. Pregnant women may want to abstain from coffee or drink less than two cups a day. People with hypertension also may do well to not drink coffee.



Coffee is naturally low in calories; a cup has less than 10 calories. However, added sugar and cream can quickly increase calories. Specialty drinks at our favorite coffee shops can quickly get in the 300-calorie range, thus negating the health benefits.

So, keep it simple, don't go overboard with the cream and sugar and reap the benefits of your cup (or two) of coffee.

Mind-Body Experiment

Introduction to Mindfulness
Wednesday, November 15
7:00-8:00pm
Studio 1

This is an experiential workshop where participants will be guided through mindful eating, breathing, and gentle movement. Mindfulness practice has many benefits including increased focus, decreased anxiety, and better overall quality of life.

Great American Smokeout

The Great American Smokeout, is an event on college campuses across the nation to increase awareness of tobacco-related issues, as well as promote cessation services. Thursday, November 16 is the official date for this event. This is a chance to encourage tobacco users to use the date to make a plan to quit, or to plan in advance and quit tobacco use that day.

Campus Recreation & Wellness is asking the WCU community to commit to making a healthy lifestyle change during the week leading up to the Great American Smokeout. Look for us around campus asking you to commit to quit tobacco use or to make some other lifestyle change. You might even see Ciggy!

Know someone who wants to quit? Here are some resources to help:
American Cancer Society – www.quitforlife.net
Quitline – www.quitlinenc.com

Outdoor Programs

Optimal Leaf Viewing Locations

Leaf season is upon us! Base Camp has a few suggestions to offer for leaf viewing. These are some favorite overlooks of Base Camp staff.

Pinnacle Park – A tedious, 7-mile round trip hike offers a 3,600’ view that overlooks Sylva and the surrounding area.

Blue Ridge Parkway – Take a drive on the scenic Blue Ridge Parkway. While on the Blue Ridge, enjoy some short hikes to Devil’s Courthouse or Black Balsam to get some fresh air and spectacular views. On a clear day, you can see for up to 50 miles. Because the elevation change varies so much, you are guaranteed to see the whole spectrum of fall colors.

Great Smoky Mountains National Park – Drive from Cherokee to Gaitlinburg through the Great Smoky Mountains National Park on Highway 441. There are several breathtaking overlooks that present the best colors in early November. While you are visiting the national park, opt for a hike up to Clingman’s Dome or the Alum Cave Trail to get some quality time with nature.

While going on an adventure to experience the changing foliage in Western North Carolina, be sure plan ahead and prepare. Here are some helpful tips:

- Weather can rapidly change as you gain elevation, so pack extra layers and be prepared for rain.
- Maintain patience and allot extra time to accommodate for increased traffic during peak leaf season.
- Be sure to only snap photos when you are stationary to reduce the risk of falling, twisting an ankle, or tumbling down the side of a mountain.
- Make sure you are safely pulling your vehicle completely off the road for photo opportunities. Avoid soft shoulders. Never stop your vehicle in the middle of the road, especially on blind turns.



Adventure Shop Hours

Monday: 11:00am-5:00pm
Tuesday-Thursday: 12:00pm-5:00pm
Friday: 10:00am-5:00pm

Climbing Wall Hours

Monday-Thursday: 4:00pm-8:00pm
Friday: 4:00pm-7:00pm
Climbing Wall closed Tuesday Nov. 21st

Bike Shop Hours - Backside of CRC

Tuesday/Thursday: 3:00pm-5:00pm
Belay Clinics @ CRC Climbing Wall
Wednesday nights - Free, 6:00pm-8:00pm

Trips & Programs

Full Moon Night Hike

Friday, November 3rd, 7:00pm-11:00pm
Cost: \$20 Students | \$25 Faculty/Staff/Guests
Registration Deadline:
November 1st @ 5pm

Lead Climbing Clinic

Saturday, November 4th, 9:00am-1:00pm
Cost: \$10 Students | \$15 Faculty/Staff/Guests
Registration Deadline: Wednesday, Nov. 2nd @ 5pm

Bear Lake Canoe and Hike

Sunday, November 5th
Cost: \$30 Student | \$35 Faculty/Staff/Guests
Registration Deadline: November 1st @ 5pm

OGDP Multi-Pitch Rock Climbing 101

Saturday, November 11th
Cost: \$35 Students | \$45 Faculty/Staff/Guests
Registration Deadline: Wednesday, Nov. 8th @ 5pm

Intramural Climbing Competition

November 13th-14th, 7:00pm- 9:00pm
Cost: Free to WCU affiliates
Register Online at IMLeagues by 11/13 at 12pm

Caving Day Trip

Saturday, December 2nd
Cost: \$35 Students | \$40 Faculty/Staff/Guests
Registration Deadline: Thursday, Nov. 29th @ 5pm

Final Roll Clinic of the Semester!

Wednesday, November 2nd
Reid Pool 7:00PM-9:00PM

To sign up for trips and programs, visit Base Camp's webpage at basecamp.wcu.edu, give us a call at 828-227-8813, or stop by the Adventure Shop located in the Campus Recreation Center

Hours of Operation

Thanksgiving Break Hours

Campus Recreation Center

Tuesday, November 21st

6am-7pm

Wednesday, November 22nd

6am-2pm

Thursday, Nov. 23rd - Saturday, Nov. 25th

Closed

Sunday, November 26th

5pm-9pm

Reid Pool

Tuesday, November 21st

Pool Closes at 6:15pm

Wednesday, November 22nd

6am-8am, 11am-1pm

Thursday, Nov. 23rd - Saturday, Nov. 25th

Closed

Sunday, November 26th

5pm-8pm

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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

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

Health & Safety Classes

The courses are split between online content and classroom material. You must complete the online section before the class date. Sign up with cash or check only at the Campus Recreation Center. If you have any questions regarding this course, contact Brandon MacCallum at bmmacallum@wcu.edu.

Adult CPR/AED and First Aid

Monday 11/13/17 5pm-7pm

CRC Meeting Room

Registration Deadline: 11/10/17

CRC Member: \$35 CRC Non Member: \$45 Community: \$65



EMPLOYEE OF THE MONTH

Cody Arms is originally from Taylorsville, NC. He is a senior currently working on a double major in Communication, and Sport Management. Some advice he would like to give to not only his coworkers, but people who use any CRW facility, is to always stay humble and treat others equally. Cody believes working at the CRC and attending school is a privilege that can be taken from you at any moment.

Cody currently holds five positions in the CRW. He is an Intramural official, supervisor, club sport supervisor, a program assistant for intramurals, and he is on the hiring committee for the CRW. Cody says, "Working here can be stressful but it honestly is the best job in Cullowhee, not only for the experience and knowledge you gain, but for the people you meet and how fun it is to do the job." He would recommend working at the CRC to anyone who can handle working for other students because it is what our job entails, as well as working for the University to make sure students can reach their health and wellness goals while having some competition along the way.

If he is not on the clock he's usually spending his free time taking care of his dog Jax, grinding on FUT, or in the library.



PARTICIPANT OF THE MONTH

Faith Smith hails from Lenoir, North Carolina. She is a student in the Social Work department and has been at Western Carolina University for 3 years.

Her favorite workout is walking around the track upstairs. She usually works out anytime in the evening. Faith has been exercising and doing therapy her whole life.

She loves to act and sing. 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.