*the*Lift

Western Carolina University

During Fall Break, don't forget to choose healthy food options, drink plenty of water, wear sunscreen, think safety, and take time to decompress!

Health Education and Literacy Month

We live in the information age. Anything we could possibly want to know is at our finger tips nearly all the time. This has really changed the way in which people approach fitness, both exercise and diet. With technology, we can find a wealth of fitness and health knowledge in a matter of seconds. October is national health education and literacy month. Keeping that in mind, it is important to make sure that all this information is credible and applicable.

The fitspo (fitness inspiration) movement on social media, namely Instagram, has become one stop shopping for workout and diet ideas. Nearly everyone on this campus could name a fitness related Instagram account they follow or know a person that runs one. Many fitspo models regularly use different lighting, angles, and filters to enhance their aesthetics. They would not look like they do in pictures in real life. Recently, some research has been conducted correlating fitspo social media use to increased risk for eating disorders as well and compulsive exercising (which can lead to injury) (Hefner et al, 2016). While there are plenty of great ideas for both diet and exercise on social media, keep a few things in mind when browsing fitness accounts:

- Is the person a certified trainer or registered dietician?
(legally anyone can claim to be a "nutritionist")
- Are they promoting health and fitness or primarily brands/products?
- Be wary of supplement and pre-work products
(almost all are unregulated/unapproved by FDA)
- Am I able to perform these exercises safely?
- Am I setting realistic goals for myself or unattainable goals based on what I see on Instagram?

If you are beginning your health and fitness journey, please check out the CRW personal training opportunities! Our trainers will work with you to set individualistic and measurable fitness goals. Above all, listen to your body and compare yourself to who you were yesterday, not to anyone else!

Source: (*https://www.cogentoa.com/article/10.1080/23311886.2016.1176304*)

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Club Sports & Intramural Sports

Intramural Sports

As the weather cools down, Intramural Sports are heating up! Register for the following leagues opening up on IMeagues in October.

Leagues

EVENT	REG. DEADLINE	PLAY STARTS	DIVISIONS
Volleyball	10/24/18	10/29/18	Mens/Womens/CoRec Recreational
Dodgeball	10/24/18	10/30/18	Open
3v3 Basketball	10/1/18	11/4/18	Mens/Womens
Floor Hockey	10/31/18	11/4/18	Open

Tournaments

EVENT	REG. DEADLINE	PLAY STARTS	DIVISIONS
E-Sports Tournament	10/18/18	10/19/18	Open
Ultimate Frisbee	10/24/18	10/27/18	Open
Indoor Climb Challenge	10/7/18	10/12/18	Beginner/Intermediate/Advanced

All registrations are available on www.imleagues.com/wcu or through the IMLeagues app.

Club Sports

September Club Sports Results:

The **Cycling Club** competed at a number of events. Some of their notable finishes were a 1st place in Women's A Downhill and a 4th place in Women's A Slalom both by Frida Roenning. Bailey Bryant finished 6th in the Men's C Slalom, and Sean Duffy finished 9th in a Downhill Dual Slalom.

Women's Club Rugby beat Lander University in a scrimmage at home. They also traveled to UNCC for a match.

Men's Rugby traveled to UNCC and Elon for matches.

October Club Sports Home Competitions:

- Saturday, 10/6, 11AM – Women's Club Rugby vs App State
- Saturday, 10/6, 2PM – Men's Club Rugby vs UNCG
- Sunday, 10/14, 1PM – Women's Club Soccer vs UNCC
- Saturday, 10/20, 11AM – Men's Club Rugby vs Furman
- Saturday, 10/20, 2PM – Women's Club Rugby vs College of Charleston

Ways to Boost Energy by Eating

The right combinations of food can give you that extra boost you are looking for. Follow these five strategies to maximize your energy.

Eat Often

To have a healthy and fueled metabolism, eat every 3 to 4 hours. This can also help maintain you muscle mass and prevent between-meal hunger that can lead to mindless snacking. If you are currently only eat 1-2 large meals a day it will be a process of adjustment to eating smaller more frequent meals.

Honor Your Hunger and Fullness Cues

Honoring these cues can help curb cravings and reduce your chance of overeating. If you are eating out, keep in mind that portions are often too large and do not feel pressured to clean your plate. Use the fullness scale while eating your meals. Try asking yourself "On a scale of 0 to 10 how full am I?" a couple of time during your meal. Try to eat until about a 5 or 6 to avoid over eating.

Balance Your Plate

To have a balanced meal, you plate should include whole grains, lean protein, fiber-rich fruits and vegetables, low-fat dairy and a small amount of healthy fats. Eating a balanced meal containing all of the food groups can help sustain energy.

Snack

A smart snack should include protein and fiber-rich carbohydrates to provide the lasting energy you are looking for. You can try a apple with some peanut butter; carrots and string cheese; or Greek yogurt and some fresh fruit. Don't skip this important eating event and keep in mind that snacks are not intended to fill you up.

Remove Energy Killers

High sugar foods and sugar sweetened beverages may leave you buzzing for about an hour but will likely cause an energy crash later in the day. Swap out the soda, sugary coffee and energy drinks for water, fat-free milk, or unsweetened tea.

As you go about your busy, stressful days, try relying on food for that extra energy boost you need.

Article written by: Farrah Matthews, WCU Dietetic Intern

2019 Valley of the Lilies Half Marathon & 5K

Registration is now live for the 2019 Valley of the Lilies Half Marathon & 5K event to be held on Saturday, April 6th, 2019. Register today at runsignup.com!

Like us on facebook at WCU Valley of the Lilies Half Marathon & 5K to get updates on all of the exciting news in the upcoming months.

Group X

Group Xercise is a great way to relieve stress and lift your mind, body, and spirit. As the end of the semester approaches let the group x classes help you reduce some stress along with assisting you in achieving your health and fitness goals. Check out the updated group x schedule on the CRW website, it begins on October 15 and will end on December 7.

If you are not a current Group X pass holder you can purchase one for $10 anytime the CRC is open. You can attend as many classes as you want throughout the remainder of the fall semester once you purchase your pass.

Mind-Body Experiment

Partner Yoga
Friday, October 19
3:00-4:00pm
CRC Studio 2

Partner yoga is a type of yoga that is perfect for sharing your practice and connecting on a deeper level.

This yoga class will not only build balance and offer a deeper stretch by using your partner's body, but it also brings some play and fun to the mat.

No partner necessary but bring a friend, significant other, or co-worker if you would like!

Class is open to the entire WCU Community with valid Cat Card.

Trips & Programs

Fall Break Mini Expedition
Whitewater Kayaking in WNC: October 8th - 11th

During this mini-expedition, participants will learn and refine the art and craft of whitewater kayaking while exploring the unique rivers around South Carolina and North Carolina. Participants will learn about equipment, terminology, communication, hazards, paddling technique. This trip is geared toward beginner to intermediate paddlers. On this trip, participants will travel around from various campsites in order to explore as many rivers as possible. The trip will begin with flat water and class I rapids to refine proper paddling technique. Each day participants will develop their skills.

Participants will culminate their trip by paddling a section of the wild and scenic Chattooga River on the last day. Participants will be expected to demonstrate appropriate expedition behavior and maintain good decision making and judgement throughout the trip. Paddling location each day is dependent on weather, water levels, and participant ability.

Cost: $235 WCU Students - **Registration Deadline: Monday, October 1st at noon**

6th Annual Outdoor Gear Sale and Swap: October 17th, 11am-4pm

Calling all Gear Heads! Come out to the Base Camp Culllowhee, Annual Outdoor Gear Sale and Swap. Sell your used and new outdoor gear! Base Camp Cullowhee is selling used outdoor equipment (Boats, tents, paddles, SUP's, etc.). There is also an opportunity for individuals and/or businesses to sell their gear for a small fee.

Individual Table - $10.00 | Business Table - $30.00
Registration Deadline: Monday, Oct. 15th at 5pm

Skydive and Camping Weekend: November 3rd-4th
Cost: $225 Students
Registration Deadline: Friday, Oct. 31st at noon

Women's Backpacking on the Foothills Trail: October 26th-28th
Cost: $50 Students | $75 Faculty/Staff
Registration Deadline: October 24th at noon

Full Moon Night Hike: October 24th
Cost: $20 Student | $25 Faculty/Staff
Registration Deadline: Monday, October 22nd at 5pm

Bear Lake Canoe and Hike: October 21st, 10am-4pm
Cost: $30 Students | $35 Faculty/Staff
Registration Deadline: Wednesday, Oct. 17th at 5pm

Climbing Belay Workshops:
6pm-8pm | Climbing Wall | Free!
Weekly on Wednesdays beginning August 22nd through December 8th.

Kids Climb Night:
Friday, September 28th from 5-7pm
Cost: $5/kid

Kayak Roll Clinics:
FREE! | 7pm-9pm | Reid Pool
Weekly on Thursdays beginning September 6th

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

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

Gear Rentals:
Base Camp Cullowhee offers Outdoor Equipment Rentals 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**

For a full list of all trips and programs offered by BCC, please visit basecamp.wcu.edu. You can register for all trips and programs by logging on to myrec.wcu.edu or stopping by the Adventure Shop.

Hours of Operation

Special Fall Break Hours

Campus Recreation Center
Friday, October 5th 6:00am-7:00pm
Saturday, October 6th & Sunday, October 7th Closed
Monday, October 8th - Friday, October 12th
11:00am-7:00pm
Saturday, October 13th - Closed
Sunday, October 14th 5:00pm-9:00pm
Monday, October 15th – Resume
Regular Fall 2018 Hours

Reid Pool Open Swim
Friday, October 5th 6:00am-8:00am, 10:00am-6:00pm
Saturday, October 6th - Saturday, October 13th Closed
Sunday, October 14th 5:00pm-8:00pm
Monday, October 15th – Resume
Regular Fall 2018 Hours

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*the*Lift is a publication of Campus Recreation & Wellness at WCU

Western Carolina University | 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.

Adult CPR/AED and First Aid Certification

Adult CPR/AED and First Aid Certification Class
Monday, 10/29 from 5pm-7pm
CRC Meeting Room

Register online at myrec.wcu.edu or at the CRC Front Desk by 10/24.
Pricing: Student $35, Faculty/Staff $45, WCU Community $65

EMPLOYEE OF THE MONTH

John Morgan is from Kernersville, North Carolina. He is a junior and his major is in Geology.

One of the things he enjoys most is the community that Campus Recreation & Wellness fosters, people who not only respect the outdoors, but also the joys of physical recreation.

John loves hiking, backpacking, trail running, climbing, and looking at rocks and rivers. He also spent the summer in Idaho studying drying streams, hiking, and hiding from Moose.

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

PARTICIPANT OF THE MONTH

Frank Forcino was born in West Chester, PA, and in his fifth year working at WCU. He is the Science Education Program Coordinator within the Geoscience & Natural Resources Department. Frank is a Paleontologist who studies the ecological conditions of the past using fossils of creatures that lived in the oceans millions of years ago.

He works out every weekday morning from 7:30-9:00am. His daily routine consists of running 1-2 miles and then weight training. Three days a week he works out his upper body, using the other two days for his legs. Frank has been weight training since he was 18, but he made fitness, and healthy eating, a regular part of his life in his mid-twenties. Frank's goal is to stay in shape, stay active, and feel good as he gets older.

Outside of work he is a car enthusiast who often participated in autocross events and the occasional track day at Road Atlanta. Frank is also a faculty mentor of the WCU's Catamount Motor Club. 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.