Spring is Here!

The Central Plaza is shaping up to be a prime hang out spot for students as the weather continues to warm up and outdoor activities get underway! Don’t forget, Campus Recreation & Wellness has plenty of programs and services to help you take your workout outside.

Equipment checkout at the CRC, which is FREE to CRC members, includes a wide range of disc golf discs, frisbees, tennis racquets, footballs, and more. These are great items to take your game outside. This is also a great time of year to try out the walking routes available on our website at reccenter.wcu.edu.

Intramural Sports will also be hosting some outdoor activities during the month of April. Check out the Track and Field Day, Softball Skills Competition, or Disc Golf Tournament. Just show up with your Cat Card or sign up in advance on imleagues.com to participate.

Whatever your niche may be, let Campus Recreation & Wellness help you continue your healthy habits during the spring and summer months!

Belcher Open Disc Golf Tournament

The inaugural Belcher Open Disc Golf Tournament was held on Monday, March 26 during the Chancellor’s Installation Week. Several students, faculty, and staff came out to enjoy the sunshine and participate in the tournament. The tournament included advanced and recreational categories to accommodate players of all levels. Champions of the Belcher Open were presented with “trophy”, discs with stickers of the chancellor on the front commemorating the tournament, during the WCU baseball game on Tuesday, March 27. Student winners of the trophies were Ruth Hudson and Ryan Kastle.

SPRING CLEAN YOUR PANTRY

After you've dusted your fans, why not clean out your pantry? Toss out foods low in nutritional value like chips, sugary cereals, and cookies and restock with healthy choices like fruits and vegetables.
On Saturday, March 10, Western Carolina University hosted the first annual Dance Marathon to raise money for the Greenville Children’s Hospital and the Children’s Miracle Network. The event was a success raising over $8,000! The Dance Marathon took place in the Campus Recreation Center and approximately 275 participants danced from noon until midnight. In addition to dancing, there were several other activities to keep dancers entertained, including Wii games, cornhole, face painting, and more. The most special portion of the event was when children from the hospital took the stage to share their stories with the participants of the Dance Marathon. As the slogan states, it was “For the Kids”. WCU plans to continue hosting a Dance Marathon and hopes more students will consider getting involved in future years!
Feeling the Stress?

Finals are just around the corner, so stress is not far away either.

STRESS AND YOUR DIET:

Drinking plenty of water and increasing your intake of fruits and vegetables is a good way to reduce the amount of stress on your body. Frequently eating a variety of fresh fruits and vegetables will provide your body with B-vitamins that help improve your mental concentration and emotional health.

Stress can weaken your immune system, so important to eat healthy to prevent getting sick while stressed. Getting plenty of rest and a good night’s sleep, can aide in reducing your stress.

A daily multivitamin can be helpful, but be mindful; it should not be used as a replacement for eating healthy. It will not provide all the health benefits of fiber and phytochemicals that fresh fruit and vegetables can. Consult your doctor before taking any supplement.

MANAGE YOUR STRESS:

Exercise daily to reduce your stress levels; get into a routine. Exercise releases endorphins, which will make you feel better and keep a positive attitude (try yoga too!). Identify your stressors so that you can counter them. Common stress reduction techniques include time management and prioritizing. Finally, assert yourself, it’s ok to say “NO” to unnecessary stressors.

FOODS THAT FIGHT STRESS:

Complex carbohydrates found in whole wheat bread, grains, and whole wheat pasta, and cereal can help keep your blood sugar levels up, making you feel better. Spinach and other dark leafy greens contain magnesium that helps fight fatigue. Omega-3 fatty acid found in tuna and salmon can limit surges in stress hormones. And finally, nuts and seeds are rich in B-vitamins and vitamin-E that help boost your immune system.

AVOID CAFFEINE AND SUGAR:

Many people rely on caffeine with the addition to high sugar beverages to get them through the day. Taking too much caffeine can make it difficult to sleep at night, adding additional stress to your body. High sugar and caffeine may make you feel better short term, but end up leaving you hungry and drained of energy. Eating whole, nutritious foods for meals and snacks will keep you sustained through the day.

If you have a nutrition-related question, please email nutrition@wcu.edu.

For more information visit:

Contributed by Ben Henson, CRW Dietetic Intern
Student Staff Recognition

Campus Recreation & Wellness would like to thank all of the student staff who make our programs and facilities run so smoothly. Please help us in thanking them the next time you’re in the facility or participating in one of our activities. Also, congratulations to our seniors graduating in May! Senior pictures will be included in the May newsletter. On Sunday, April 22, Campus Recreation & Wellness will be recognizing the student staff and seniors. Campus Recreation Center hours will be 1pm-5pm that day.

Disc Golf Club to Host Intercollegiate Tournament at WCU

The Disc Golf Club at Western Carolina University will host an Intercollegiate Disc Golf Tournament on Saturday, April 21 beginning at 2pm. The club has been extremely competitive this season earning 1st, 3rd, 4th, 5th, and 6th place finishes at their last tournament. Come support the Disc Golf Club at Western Carolina University!

Earth and Wellness Celebration

We’re combining the Wellness Fair and Earth & Wellness Day to create the 2012 Earth & Wellness Celebration! Stop by the UC Lawn on Wednesday, April 18 from 11am-2pm to participate in all sorts of fun activities. There will be free massages, great music both on stage and with 90.5, and much more! In addition, there will a Zumba class on the UC Lawn from 12:10pm-12:50pm!

Mind-Body Experiment

Qigong: April 18 from 7pm-8pm in Studio 2
Learn the basics of this oriental form of movement exercise designed to enhance health by releasing stress and increasing vitality. This class is FREE and open to the WCU Community.

EMPLOYEE OF THE MONTH

Ashley O’Neal is a Group X Instructor as well as a Marketing Team member at Campus Recreation & Wellness. Ashley joined us in January 2010 and is a Sport Management major with a concentration in Exercise Science and minors in Graphic Design and Art. After she graduates she plans on pursuing a career as a fitness professional. Ashley’s favorite part about working at CRW is being able to fulfill her purpose in life in motivating and inspiring others to accomplish their goals. Her advice to fellow student employees is to always smile and remain positive, even if you’re having a gloomy day. “You never know who you’re going to encounter and affect.” Ashley describes herself as a positive and dynamic human being. She always tries to make others smile and is always trying to change for the better. Some little known facts about Ashley: she is secretly obsessed with gangster movies and if she could have any superpower, it would be the ability to read minds. Congratulations Ashley! Keep up the great work!

MEMBER OF THE MONTH

David Hatton was born in Baltimore, Maryland and has lived in Oregon, Illinois, Tennessee, Florida, Alabama, and for the past 25 years, North Carolina. He is a Certified Arborist in the Grounds Department and has been at WCU for a total of eight years - five years most recently and three years in the 1990s. His favorite exercise is a three mile walk he takes early in the morning and in his career as an arborist he certainly gets a lot of exercise. David was chosen as our Member of the Month because of his involvement in many of our programs including the Valley of the Lilies 5K! He says Campus Rec & Wellness has been a great asset for him in working out a nutrition and planned exercise program. David enjoys hiking, camping, and gardening. Congratulations!