Welcome Back!

We at Campus Recreation & Wellness want to take a moment to welcome everyone back to campus. Whether you were away for a few days or a few months during the summer, we’re excited to have you back!

We are welcoming 2 new staff members in our new Director, Angie Frederick, and Facility Operations Coordinator, Jonathan Sasser. In addition to our veteran students and full-time staff, we have a lot in-store for you at the Campus Rec Center this year.

We hope you’ll make time for your health & wellness to participate in the programs and facilities available to you & your family, like Group Xercise & Intramurals! If you’re interested in a little more guidance, we also have Personal Training available. Check the Benefits of Aqua Exercise in this issue for fun tips as well.

We’re sad to report that we will no longer have use of Breese Pool but are enthusiastic about our extended hours at Reid Pool.

CRC August Special Hours

Monday, August 10th – Friday, August 14th

Sat., Aug. 15th – Friday, Aug. 21st

Sat., Aug. 22nd

Sun, Aug 23rd

Member of the Month

Each month we select a Campus Rec & Wellness member of the month. Someone who has been a role model for others, a consistent participant and/or all-around nice person!

This month we’re happy to profile Gael Graham, a Faculty member in the History Department. Gael grew up in Los Angeles, California but now calls western North Carolina home. Her favorite workout is running, which she likes to do before lunch.

Her favorite part of our new Campus Recreation Center is the stretching areas because they encourage her to stretch better. Something we can all aspire to do more!

If you see Gael on campus or in the CRC, please congratulate her on her continued commitment to her health & wellness!
Fall Regular Hours of Operation

Campus Rec Center
Monday—Friday 6:00 am—10:00 pm
Saturday 9:00 am—5:00 pm
Sunday 1:00 pm—9:00 pm

Reid Pool
M—F 6:00 am—8:00 am
Monday 9:00 am—3:30 pm & 6:15—9:00 pm
Tuesday 9:00 am—12:30 pm & 2:00—3:45 pm & 6:15—9:00 pm
Wednesday 9:00 am—1:30 pm & 6:15—9:00 pm
Thursday 10:45 am—12:30 pm & 2:00—3:45 pm
Friday 9:00 am—9:00 pm
Saturday 10:00 am—1:00 pm
Sunday 5:00 pm—8:00 pm

Lap Swim
Lap/Rec Swim
Lap/Rec Swim
Lap/Rec Swim
Lap/Rec Swim
Lap/Rec Swim
Lap/Rec Swim

*Pool Hours are subject to change due to academic adjustments or one time events.

Program Spotlight

Each month, we highlight one of our program areas. This month, we’re taking a second to talk about Wellness. “Wellness” is an active process through which people become aware of, and make choices toward, a more successful existence. (www.nationalwellness.org)

The Wellness program seeks to enhance the Western Carolina University campus through:
- Educational outreach programs
- Event sponsorship
- Advocacy
- Media campaigns
- Resources
- Academic class presentations

The mission of the WCU Student Wellness Council is to cultivate a social and physical environment that supports individual wellness and nurtures a vibrant and just community. The Wellness Council is a collaboration of students, faculty, and staff.

Check out more of the Wellness Council Programs on page 3

For more information about the Wellness Council or to schedule a presentation for your class, please contact Karrie Joseph, Wellness Coordinator, @ kjoseph@wcu.edu or ext. 7069

Benefits of Water Exercise

Nothing is more inviting on a hot summer’s day than a cool pool of water - and if you can get your daily dose of exercise and fitness, you couldn’t ask for more. Water aerobics is the best way to get a total body workout without overheating. Water aerobics benefit persons of all ages.

- Exercising in water requires you to support only 50% of your body weight.
- There is a decreased risk of injury due to its low-impact nature, making it ideal for pregnant women.
- Decreased stress and compression on the joints.
- The natural resistance of water leads to better muscular endurance and tone; no special equipment needed.
- Water aerobics benefit persons who are recovering from an injury &/or undergoing rehabilitation exercise therapy.
- Water aerobic exercise is ideal for those suffering from arthritis.
- The heart rate is maintained at a lower rate than in activities such as cycling and running. This may be due to the cool environment and does not remove the fact that water aerobic exercise is just as effective.
- Not to mention, it’s a refreshing activity that can be a wonderful way for family or friends exercise together.

Modified from: http://www.targetwoman.com/articles/aerobics-aqua.html

And don’t forget! WCU CRC Water Aerobic classes will start again on August 31st, a great way to keep you cool & get a great workout at the end of the summer!

reccenter.wcu.edu 828-227-7069
Upcoming Events & Programs

Find Your Way Scavenger Hunt
Sponsored by the Wellness Council
August 22 to August 31st
The scavenger hunt will send you all over campus looking for wellness treasures! Pick up your scavenger hunt bag at the Campus Recreation & Wellness table @ Valley BallyHoo. Follow the directions and you will be rewarded for your efforts!

CLAW Luau—UC Lawn
Sunday August 30th, 2 - 4pm
Campus Leaders Advocating Wellness is hosting a Luau with tropical refreshments, games, and prizes. Interested in more events like this? Go to our website & click Wellness for more information.

Group Exercise—Begins Monday, August 31st
CRC Members (unlimited classes) $10.00
Non-CRC members Aqua Exercise only $25.00

Personal Training & Fitness Assessments
Fitness Assessment $15.00
1 Training Session $15.00
5 Training Sessions $50.00 total

Health & Safety Courses
A variety of courses are available.
Departmental group classes are also available upon request.

For more information about these & other programs, please visit the Campus Rec & Wellness website.

Group X Jam
FREE!
Thursday, August 27th
5:30pm-7:00pm
Group Exercise Class Sampler. Come prepared to workout and win prizes.
Pick up the Fall 2009 schedule and register at the jam.

Coming soon!
THE RED FLAG CAMPAIGN
Go to: redzone.wcu.edu for more information & calendar of events!

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