National Recreational Sports and Fitness Day

Campus Recreation and Wellness is celebrating NIRSA National Recreational Sports and Fitness Day on Tuesday, February 24th. The National Intramural-Recreational Sports Association (NIRSA) is an organization committed to collegiate recreation and wellness. The CRC holds NIRSA’s beliefs and principles. This day was established to focus on the positive benefits of recreational sports, fitness, activities, and wellness programs. Physical fitness has a direct benefit to overall good health; it is important that we all make daily movement and physical activity an essential part of our lives and lifestyle.

Recreational Sports and Fitness Day is a reason for some fitness fun on a late-winter day! Join us at the CRC for a variety of fitness activities and FREE giveaways throughout the entire day. Some highlights of the day include free access to all Group X classes for the day, Insta-Rec pop up events throughout the CRC, and various club sports showing off their skills in the gymnasium.

Stop by the CRC on Tuesday, February 24th to take part in this national day of recreation and fitness to start improving your overall fitness and wellness!

Advising Day

The CRC is open regular hours for Advising Day, which is Tuesday, February 24th.

INSIDE THIS ISSUE

National Recreational Sports and Fitness Day
Intramural & Club Sports
Valley of the Lilies Half-Marathon & 5K
Follow Your Heart
Max the Lift with Group eXercise
Personal Fitness Trainer Certification
Mind Body Experiment
Hours of Operation
Lifeguard Certification Course
Employee of the Month
Member of the Month
Intramural Sports

**Innertube Water Polo**
All teams are part of a CoRec division and must have at least two females in the pool at all times. This is a two-day event with pool play on Friday and bracket play on Saturday.

**Weightlifting Challenge**
Come out and test your strength in the dead lift, squat and bench press. Lifters must perform all three lifts, and there is an overall male and female winner.

**Humans vs. Zombies**
Humans vs Zombies is a game of moderated tag played at schools, camps, neighborhoods, military bases, and conventions across the world. Human players must remain vigilant and defend themselves with socks balls to avoid being tagged by a growing zombie horde. Play is two weeks long. All must register on www.hvsource.com

**Raquetball Doubles League**
Registration closes Mon., Feb. 9.
Play begins Mon., Feb. 16.
We offer one Open division.

**Soccer League**
Registration closes Mon., Feb. 16.
We offer Men’s, Women’s, and CoRec divisions.

**EVENT** | **LOCATION** | **DATE** | **TIME** | **REGISTER BY**
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Innertube Water Polo | Reid Pool | 2/6 & 2/7 | 6pm | 2/3
Weightlifting Challenge | CRC Weight Area | 2/18 | 6:30pm | 2/17
Humans vs. Zombies | Bardo 130 | 2/20 | 5:30pm | 2/20

Club Sports

Come cheer on your favorite club sport team at a home match in February. It may be a little cold, but layer up and bring some hot chocolate!

**Women’s Rugby vs. Citadel** – Sat., Feb. 21, Time TBD, IM Fields.

**Men’s Lacrosse**
vs. Marshall and Sat., Feb. 7, 2pm, 3:15pm and 4:30pm, IM Fields.
vs. Furman, Sun., Feb. 15, Time TBD, IM Fields
vs. Laurel and Mercer, Sat., Feb. 28, 1pm, 2:15pm and 3:30pm, IM Fields.

**Women’s Soccer**
v. UNCG and UNCA – Sat., Feb. 28, time TBD, IM Fields.

**Men’s Baseball**
v. Presbyterian – DH on Sat., Feb. 21, and Sun, Feb. 22, Time TBD, Cullowhee Valley Middle School

Go Catamount Club Sports!

Valley of the Lilies
2015 Half Marathon & 5K

Race Date: Saturday, March 28, 2015
Time: Half Marathon starts at 8am, 5K starts at 8:15am

For more information, visit Halfmarathon.wcu.edu

Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months!
Follow Your Heart

Eat Foods Containing Omega-3 Fatty Acids:
• Select oils that provide omega-3 fatty acids, such as canola, flaxseed or soybean oil.
• Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings, too.
• Eat two 4-ounce portions of fatty fish a week:
  • Salmon
  • Lake trout
  • Albacore tuna (choose “in water” and “low-sodium” if canned)
  • Mackerel
  • Sardines
• Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.

Absence Makes the Heart Grow Fonder (Reduce Sodium):
• Prepare foods at home so you can control the amount of salt in your meals.
• Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
• Add no additional salt to food at the table.
• Select reduced-sodium or no-salt-added canned soups and vegetables.
• Check the Nutrition Facts panel for sodium and choose products with lower sodium content.
• Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.
• Aim for less than 2,000 mg of sodium per day.

By Katie Tallman, WCU Dietetic Intern. If you have a nutrition-related question, sign up for nutrition services at the CRC or e-mail nutrition@wcu.edu

Max the Lift with Group eXercise

Group Xercise is a great way to “lift” your mind, body, and spirit. Classes are only $10.00 for the entire semester and include all classes on the schedule. A few classes include Power Pump, Cycle, Zumba, PiYo Strength, Butts & Guts, Yoga and many more! So grab a friend and come max “The Lift” today with Group X. Register anytime the CRC is open.

AAAI/ISMA Personal Fitness Trainer Certification

CRW will host AAAI-ISMA Personal Fitness Trainer Certification on Saturday, February 21st from 9am-6pm. The AAAI-ISMA Personal Fitness Trainer Certification is for anyone who is interested in becoming a personal trainer or enhancing his or her training skills. The certification is comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills. The cost is $99 if you pre-register by February 7th. Registration forms are available in the CRC and must be sent into AAAI/ISMA; there is also an option to register online. Please register early; a minimum number of participants must be registered early to host the event. If you have questions contact Mandy Dockendorf at aldockendorf@wcu.edu

Mind Body Experiment

February 25th at 7pm the CRC will offer “Mas-tering Your Energy” with Laura Elliott in Studio 1. Join Laura Elliott in this class that will help you become the master of your energy through movement and sound, using your body and voice as powerful instruments by integrating the ancient wisdoms of QiGong, vocal toning and your own inner teacher.

• Release stress
• Restore balance
• Strengthen vitality
• Feel peace of mind
• Empower your truth
Lifeguard Certification Class

This American Red Cross Lifeguard Certification Course is designed for individuals who wish to become a lifeguard. Pre-registration is required by Friday, February 6th at 5:00pm. This is a blended learning course, meaning participants must complete an online portion prior to attending the practical portion. Participants must be able to complete a 300-yard freestyle/breast stroke swim with rhythmic breathing in accordance with the American Red Cross standards and a 50 yard swim with a 10-lb. brick. In addition, you must be able to tread water for two minutes without using your arms. Failure to complete those requirements during the first class meeting will result in failure of the course. Participants must also be able to attend all class sessions and must present a completion certificate for the blended learning portion prior to the first practical session. There is no re-certification option available during this course time.

Dates & Times: February 13th from 4pm-9pm, February 14th from 8am-2pm, February 15th from 9am-5pm
Location: The first meeting is in Reid Pool
Cost: CRC Member/CRC Student $150, CRC Non-Member $175
Register at the Campus Recreation Center with cash or check by Friday, February 6th

EMPLOYEE OF THE MONTH

Michaela Birek has worked for CRW for one year. She enjoys creating the staff “question of the week” because it helps our staff get to know each other. She loves interacting with the patrons, and supporting others in their quest for healthy lifestyle changes. Her advice to fellow employees is to remember why you started, and press on when the job is hard. A senior Recreational Therapy major, Michaela is entering her last season of Track and Field. They are preparing to bring home indoor and outdoor conference championships this year. She will pursue her Masters online in the Therapeutic Recreation program at Clemson. She plans to work as a certified Therapeutic Recreation Specialist wherever there is an opening! She leads worship at Campus Church and writes music that will be included on their first album. A unique fact about her is that she was almost switched at birth! Congratulations and thank you for your hard work, Michaela!

MEMBER OF THE MONTH

Denise Drury is from Davie, FL and moved to Western NC because she visited the mountains frequently during her childhood. She is thrilled to live and work in the area she came to love as a kid. Denise is the Interim Director of the Fine Art Museum in the Bardo Arts Center. In January she celebrated her 5th year of service at WCU. Doing 20 minutes of yoga in the morning gives her an opportunity to clear her mind, and working out with Group X at lunch helps her re-energize mid-day. Denise has always been active, playing competitive sports throughout high school. She began working out on a regular basis at Florida State University. Denise met her husband Scott on an adult-league kickball team in Asheville, where they live with their cat and new puppy. They also love rafting, hiking, and gardening. CRW admires Denise’s dedication and consistency!

Have someone in mind for Employee or Member of the Month? Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.