March is National Nutrition Month!

March is National Nutrition Month and we want you to think about how you fuel your body. The Academy of Nutrition and Dietetics posted 16 health tips for 2016 and we want to share some with you. The full tip sheet is available at eatrightpro.org.

1.   **Eat Breakfast**  – Start your day with a healthy breakfast that includes several important food groups.
2.   **Make Half Your Plate Fruits and Vegetables**  – Fruits and vegetables add vitamins, minerals, and fiber to your plate, so they are an important part of fueling your body.
3.   **Watch Portion Sizes**  – Check your portions to see how close you are to the recommended serving size.
4.   **Fix Healthy Snacks**  – Healthy snacks provide sustained energy throughout the day. Try raw veggies, or a tablespoon of peanut butter with your favorite fruit.
5.   **Get to Know Food Labels**  – Learning to read the nutrition label can help you identify healthier options so you eat smarter.
6.   **Cut Back on Added Sugars**  – Items with added sugar provide empty calories with little to no nutritious value, so review ingredients on the food label to determine added sugar levels.
7.   **Drink More Water**  – Quench your thirst with water, rather than sugary drinks like juice and soda.
8.   **Explore New Foods and Flavors**  – Increase your eating pleasure and add better nutrition to your diet by expanding your range of food choices.

Fueling your body properly is important so you have sustained energy. Since time is often a barrier to eating healthy, consider incorporating some food prep time into your week. Continue reading for more information on upcoming CRW events and spring break hours of operation.
Intramural & Club Sports

Intramurals

Spring is around the corner, and Intramural Sports are ready to head outside! The following leagues and tournaments are available for registration in March.

**Leagues:**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>LOCATION</th>
<th>PLAY STARTS</th>
<th>REGISTER BY</th>
<th>DIVISIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis Doubles</td>
<td>Tennis Courts</td>
<td>3/14</td>
<td>3/9</td>
<td>Men/Women/Mixed</td>
</tr>
<tr>
<td>Softball</td>
<td>Camp Lab Fields</td>
<td>3/14</td>
<td>3/9</td>
<td>Men/Women/CoRec</td>
</tr>
<tr>
<td>4v4 Flag Football</td>
<td>Camp Lab Fields</td>
<td>4/3</td>
<td>3/29</td>
<td>Men/Women/CoRec</td>
</tr>
</tbody>
</table>

**Tournaments:**

- **March Madness:** Complete a playoff bracket on Yahoo Sports Tourney. Pick’em for both Men's and Women's NCAA Tournament teams by Monday, March 14th.

- **Free Throw/3 pt. Contest:** Come out to Intramural Basketball in Reid Gym on Tuesday, March 8th from 6-8pm or Wednesday, March 9th from 8-10pm. We offer Men's and Women's divisions.

- **Battleship:** Not the board game, it’s in the pool! Register a team of 4 (2 males, 2 females) by Wednesday, April 6th. Tournament is Saturday, April 9th at 1pm in Reid Pool.

Register for all Intramural Sports on Imleagues or the RecIT App – the official app of Imleagues.

Club Sports

**Club Sport February Highlights:**

- Women’s Rugby placed 2nd place at the “Throw Me Something, Rugger” tournament in New Orleans, LA.
- Ultimate Frisbee won two matches against Mars Hill University.
- Bass fishing placed four teams in the top 50 of a FLW national qualifying regional tournament at Crescent Lake, FL.
- Women’s Volleyball went undefeated and took home 1st place in the UNC Chapel Hill tournament.

Come cheer on your fellow catamounts at their home games this March!

**Women’s Rugby Vs. Elon**

Saturday, March 5th at 1pm – Camp Lab Fields

**Men’s Baseball vs. UT Chattanooga**

Saturday, March 5th at noon and 3pm - Cullowhee Valley Middle School
Sunday, March 6th at 1pm - Cullowhee Valley Middle School

To find out more about our club sport teams, please visit our club sport webpage at reccenter.wcu.edu or visit a club's WCU OrgSync or imleagues page.
Savor the Flavor of Eating Right

March is National Nutrition Month! For 2016, the Academy of Nutrition and Dietetics has chosen “Savor the Flavor of Eating Right” for their theme. How can you savor the flavor?

Following the newly released 2015-2020 dietary guidelines is one way to “Savor the Flavor of Eating Right.” The revised guidelines recommend focusing on consumption of whole fruits instead of juices. Looking for a wide variety in color when choosing vegetables will help to ensure adequate intake of most vitamins. Also, when choosing grains, make half of your choices whole grains. One way to adapt to the difference in flavor and texture of whole grain pastas is to mix them with regular pasta at first and gradually increase that amount of whole grain pasta used in your meals.

Further recommendations from the revised dietary guidelines are to eat less added sugar, sodium, and saturated fats. Less than 10% of your daily calorie intake should come from added sugars. Read your food labels and look for high fructose corn syrup, invert sugar, molasses, brown rice syrup, sucrose, evaporated cane juice, dried cane syrup, honey and agave to indicate that sugars have been added to the product. Reducing the size of your dessert portions and replacing sugar-sweetened beverages with water are other ways to reduce added sugar in your diet.

Sodium intake should be reduced to less than 2,300mg per day. Most added sodium in your diet is not coming from the salt shaker. Processed foods are full of added sodium and should be avoided if possible. Check the nutrition facts of the foods you are eating and try to purchase options with “no sodium added” or “low sodium” on the label. Fresh herbs and spices along with citrus juices are great substitutes for salt. There are a wide variety of flavors available and even some salt free seasoning mixes that can help you add flavor to your foods.

Saturated fats are solid at room temperature. For example, butter has a large amount of saturated fat. Revised dietary guidelines recommend keeping the percent of calories that come from saturated fats to less than 10%. Choose low fat cheeses in the grocery store and cook with oils instead of butter. Switch from whole or 2% milk to 1% or skim milk. Lean cuts of meat will also provide less saturated fat.

Enjoying the flavors, food traditions, and social experiences of food as well as developing a mindful eating pattern are all ways you can “Savor the Flavor of Eating Right.”

For more information on the 2015-2020 dietary guidelines visit www.eatright.org

Provided by Codie A. Parris, WCU Dietetic Intern

References:


Max the Lift with Group eXercise

Group Xercise is a great way to “lift” your mind, body, and spirit. As spring break approaches, let Group X classes help you reduce some stress from midterms and help you achieve your health and fitness goals for your spring break trip. Check out the latest Group X schedule on the CRC website, a new and updated schedule will begin after spring break on March 28 and will end on April 29. If you don’t currently have a Group X pass, you can purchase one for $10 anytime the CRC is open. We accept cash or check.

Personal Training, Personalized Attention

Are you looking for a personalized training program? Do you want to meet specific fitness goals or train for a particular event? If so, sign up to meet with one of our certified personal trainers today. Our trainers provide you with a fitness assessment to determine your current fitness level and sit down with you to determine the best course of action to meet your goals. There are a variety of training packages available including small group training packages. For more information, inquire at the Campus Recreation Center.
Outdoor Programs

Upcoming Events

Wall to Rock Progression
Saturday, March 5 AND Saturday, March 12
Have you ever wanted to start rock climbing outdoors but do not know where to start? The wall to rock progression is a two-day introductory course to rock climbing! The first day will be spent at the climbing wall in the CRC where you will learn basic climbing etiquette and skills. The second day will be spent practicing your newly learned skills at a local, outdoor climbing spot. This course welcomes all skill levels. Register today at the BCC Adventure Shop or online at basecamp.wcu.edu

Rock Climbing 101
Sunday, April 3
Rock climbing 101 is an introductory rock climbing course that takes place at Rumbling Bald, located in Chimney Rock State Park. The day will be filled with, of course, rock climbing along with learning a number of new rock climbing skills. All skill levels are welcome! Register today at the BCC Adventure Shop or online at basecamp.wcu.edu

Skydive Carolina
Saturday, April 9 - Sunday, April 10
Back by popular demand, we have decided to add another skydiving trip! If you missed your opportunity to go skydiving during the fall semester, do not fret because you have another opportunity! We will head to Skydive Carolina on Saturday and camp out before taking the leap on Sunday. Register today at the BCC Adventure Shop or online at basecamp.wcu.edu

Save the Date! Tuck River Clean Up, Saturday, April 16
Do not miss the chance to participate in the Tuck River Clean Up on Saturday, April 16th; the nation’s largest single-day river clean up! Mark your calendars and we will provide more details closer to the event.

Meet Your BCC Trip Leader

Morgan Nichols has been working for Base Camp for over three years and is a trip leader. Morgan enjoys working backpacking and caving trips for BCC. She is graduating in the spring with a middle grade education major. Morgan’s favorite part of trip leading is being part of the community that is built while in nature. If you are interested in being a trip leader, like Morgan, than make sure and get an application off our website and apply to work for Base Camp Cullowhee!

Student Employment

Campus Recreation is Hiring for Summer and Fall 2016!

Directions to apply are located on our website at reccenter.wcu.edu. Please scroll down to the student employment link to learn more. All applications are due Friday, March 18th by 5pm. All Applicants must submit all application materials online via the jobcat website. Incomplete applications will not be accepted. For more information, please contact the Campus Recreation Center at (828) 227-7069 or email tcs(spжcier@wcu.edu.

List of Positions:

- Certified Lifeguard
- Certified Personal Trainer
- Group Exercise Instructor
- Intramural Official
- Office Assistant
- Peer Educator
- Recreation Assistant
- CRC Supervisor (Internal Applicants only)
- Intramural Supervisor (Internal Applicants only)
- Club Sport Supervisor (Internal Applicants only)
- BCC Climbing Wall Technician
- BCC Adventure Shop Specialist
- BCC Summer Staff Specialist

2015/2016 Intramural Officials
Hours of Operation - Spring Break

**Campus Recreation Center**

- Fri, March 18: 6am-7pm
- Sat, March 19 & Sun, March 20: Closed
- Mon, March 21 - Fri, March 25: 11am-7pm
- Sat, March 26: Closed
- Sun, March 27: 5pm-9pm
- Mon, March 28: Resume Regular Spring 2016 Hours

**Reid Pool**

- Fri, Mar 18: Pool Closes at 6pm
- Sat, March 19 – Sat, March 27: Closed
- Sun, March 28: 5pm-8pm
- Mon, March 29: Resume Regular Spring 2016 Hours

*Hours subject to change.

For adverse weather updates, please call 227-8808.

Race Date: Saturday, April 2nd, 2016

**REGISTER NOW!**

**Time:** Half Marathon starts at 8am, 5K starts at 8:15am

For more information, visit halfmarathon.wcu.edu

For updates and giveaways, like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K, or follow us on Twitter @WCUVoRace and Instagram @valleyofthelilies

EMPLOYEE OF THE MONTH

Jenny Jones has worked for the Campus Recreation Center as a Recreation Assistant for two semesters. Her favorite part of working at the CRC is meeting new people. She has formed relationships with people she otherwise would not have met. Jenny enjoys watching others work hard to accomplish their goals. Her advice to fellow employees is to maintain a positive attitude while on the job. Jenny majors in Communication Sciences and Disorders, with minors in both Special Education and Psychology. She plans to attend graduate school for Speech Language Pathology following graduation next May, and hopes to work in either a school system or a pediatric hospital. Jenny describes herself as compassionate, friendly, dedicated, and a slight perfectionist. She is also the Treasurer of the Psychology club at WCU. Thank you Jenny, for all of your hard work at the CRC!

MEMBER OF THE MONTH

Deb Ray is a native of Cullowhee. She works as a manager for Dr. Thomas in the Westcare Health System. Deb enjoys working out in the afternoons after work. She likes to change her workout day to day, and she enjoys Group Exercise. Deb has been seriously exercising for about 5 years. She also likes to get outside and hike or jog with her dog frequently. Congratulations on being chosen for Member of the Month, Deb! We admire your dedication and workout 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.