The Division of Student Affairs at WCU has some great upcoming events and CRW wants to recognize their contributions to health, wellness, and spirit at WCU.

Check out the events during Alcohol Awareness Week from October 6th – October 10th, including the “Rootbier Garden” and special guest Chris Campau presenting “Recovery, that was then and this is now!” Check out partysmart.wcu.edu for more great tips on staying healthy while at WCU.

Join in the Homecoming Week Festivities at WCU as we celebrate “125 years of Catamount Pride”. Check out the Catamount Games, annual Homecoming Parade, Spirit Night, or the Homecoming concert. For more information, check out homecoming.wcu.edu.

Check out what CRW has to offer during the month of October, including Special Fall Break Hours, new “InstaRec” pop-up recreation events, and the start of two more Intramural leagues. For more information, continue reading!

Benefits of Pumpkin

Pumpkin is a low-calorie food that is rich in antioxidant vitamins such as vitamin A, C and E which helps aid your digestive system, immunity, and assists in disease prevention.
League Sports

Volleyball
We are offering Men’s, CoRec, and Women’s leagues. Team sign ups are due by Monday, September 29th. Play begins Wednesday, October 8th.

Indoor Soccer
We are offering Men’s, CoRec, and Women’s leagues. Team sign ups are due by Tuesday, October 21st. Play begins Wednesday, October 29th.

Sign up for all IM events through imleagues.com/wcu

Flag Football Extramural Tournaments
Extramural Tournaments are a great opportunity to showcase your skills against other universities across the nation and represent Western Carolina University.
North Carolina State Tournament hosted by Campbell University
Friday, October 24th – Sunday, October 26th
Men’s, CoRec, and Women’s divisions are offered.
Winners receive paid entry into a NIRSA Regional Tournament.
*Please see the Associate Director for Intramural and Club Sports for more details. Travel forms and team rosters must be submitted two weeks before the tournament.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>LOCATION</th>
<th>DAY &amp; DATE</th>
<th>TIME</th>
<th>REGISTER BY</th>
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<tbody>
<tr>
<td>Punt, Pass and Kick</td>
<td>Camp Lab Fields</td>
<td>Wed, 10/1</td>
<td>6-8pm</td>
<td>just show up</td>
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<tr>
<td>Punt, Pass and Kick</td>
<td>Camp Lab Fields</td>
<td>Thu, 10/2</td>
<td>8-10pm</td>
<td>just show up</td>
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2015 Valley of the Lilies Half-Marathon & 5K
Registration is now live for the 2015 Valley of the Lilies Half Marathon & 5K event to be held on Saturday, March 28th, 2014. Register today at imathlete.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.

Mind-Body Experiment
“Love Your Body” Yoga
Wednesday, October 29th
7pm - 8pm
Studio 2

To LOVE our bodies, we have to KNOW our bodies, and know the difference between internal truth and outside opinion. Yoga is the perfect practice to fulfill both of those needs. In this class led by Chad Hallyburton, we’ll explore the pathway to truly loving our bodies.
Nutrition & Wellness

Fad-Tastic Diet

Unfortunately, there exists no magical food or pills that burn body fat. Certain ingredients in supplements and herbal products can be dangerous and even deadly for some people. Stay away from any diet plans, pills and products that make the following claims:

Rapid weight loss
• Healthy plans aim for a loss of no more than 1-2 lbs. per week.
• If you lose weight quickly, you’ll lose muscle, bone and water. You’ll also be more likely to regain the pounds quickly afterwards.

Quantities and limitations
• Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup – it’s boring and hard to stick to!
• Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you’ll still miss some critical nutrients.

Specific food combinations
• There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss.
• Eating the “wrong” combinations of food doesn’t cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

Rigid menus
• Limiting food choices or following rigid meal plans can be overwhelming.
• With any new diet, always ask yourself: “Can I eat this way for the rest of my life?” If the answer is no, the plan is not for you.

No need to exercise
• Regular physical activity is essential for good health and healthy weight management.
• The key to success is to find physical activities that you enjoy and then aim for 30 - 60 minutes of activity on most days of the week.

The best “diet” for weight loss is something you feel that you could follow for the rest of your life. It should be well-rounded and include all the major food groups.

Once you have lost the weight you wanted to lose, you can shift to eating a slightly larger amount of calories so that you don’t keep losing weight. However, you want to avoid drastically changing the dietary habits you were following to prevent weight re-gain.

By Katie Tallman, WCU Dietetic Intern. If you have a nutrition-related question, e-mail nutrition@wcu.edu

For more info go to: http://www.eatright.org/Public/

Image from: http://emedia.leeward.hawaii.edu/kamanao/sites/default/files/userfiles/diet1.png

Love Your Body Week

Nutrition Assessments
Monday, October 27th, 11:30am-1pm in the Dining Hall
Tuesday, October 28th, 11:30am-1:30pm, in the UC Multipurpose Room

Recall your food intake for the previous 24 hours and have a nutrition student give you feedback based on your goals and nutritional needs.

InstaRec

Be on the lookout for InstaRec around campus! InstaRec is informal recreation that can pop up anywhere at any time. Stop in for some fun in between classes!

#InstaREC
Health & Safety Certification Class

Become American Red Cross certified in First Aid!

Date: October 29th
Time: 5 - 6:30pm
Cost: $25 Member/ $35 Non-Member

Pre-register at the Campus Recreation Center. Payment is required upon registration. Cash or check only.

EMPLOYEE OF THE MONTH

Jeremy Sanders has worked for CRW for one semester as an Intramural Referee. He loves being outside and learning new rules and understanding the concept of Intramural Sports. His favorite part of the job is making friends and his advice to fellow employees is to work hard! Jeremy is a sophomore Athletic Training major and hopes to be a Physical Therapist or Physician’s Assistant. He wants to go to Clemson or UT for grad school. He describes himself as hardworking and a “go-getter”. He has fun at work and loves to do his job right and give his best. He was raised with the values of giving your employer your all. Jeremy played college football for a year at Lenoir Rhyne University before coming to WCU, and they won a SAC Conference Championship that year. Thank you for all your hard work Jeremy!

MEMBER OF THE MONTH

Jacob is originally from Asheville, NC. A detective with the WCU Police Department, he has worked with them since January 2011. Also a full time student, he is working towards a degree in Psychology. His first degree is in Criminal Justice. Jacob loves early morning runs before coming into the CRC at 6am to lift and do abs. He has been exercising regularly for almost ten years. His runs are part of his virtual run from Cullowhee to Chicago in support of the Special Olympics of NC. His goal is to raise awareness and support for the athletes and the organization, and he encourages people to check out the program. Congratulations Jacob! We admire your dedication.

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.