The holidays bring many distractions that can get you off track from your normal schedule. Typically one of the first things we see people ditch is their fitness routine. However the holidays are also one of the most stressful times of year, which is even more of a reason to commit to stay fit. This holiday season we are encouraging you to bend, not break, your fitness routine.

With less structured personal schedules and the CRC closed during the University shutdown, we want to give you some tools to bend your fitness routine to maintain your overall health level. Here are some great ways to bend your routine by trying alternative workouts.

1. Join us for our FREE Holiday Group X Classes— Group X Classes provide a great workout and can be just the motivation you need to “schedule” your workout.

2. Body Weight Training— Things like push-ups, leg lifts, ab exercises, body-weight squats, etc. can help you maintain your muscular endurance over the holidays.

3. Take a Hike in the Beautiful Carolina Mountains— WCU’s trail system, as well as other area hiking trails, are open year round. This is a great fitness activity to do with family or friends.

4. Go Skiing or Snowboarding— Skiing and Snowboarding are great lower body and core workouts, not to mention these activities are tons of fun!

5. Walk or Run a “New Years” Race— Several places host New Year’s Day races to start people off on the right foot in the new year. Signing up for one can be daunting because of the colder weather. However, getting your heart rate up outdoors can make the cold air feel refreshing.

6. Use a Fitness App— There are some great fitness and nutrition apps for mobile devices these days. Using one of these apps may not motivate you to workout, but it may help you stay on track.

We hope everyone has a safe and enjoyable holiday break. Happy Holidays from Campus Recreation & Wellness!
Thank you to everyone who participated in Intramural Sports this fall semester. We had a great turnout in both teams and participants. Let’s keep the momentum going for the spring semester. Look for the spring Intramural schedule on imleagues in late December. First team sports will be Basketball and Dodgeball. Have a fun and safe holiday break!!

Cross Training Challenge is back for Spring 2014

Beginning January 13th, the Cross Training Challenge will return and it has something for everyone! You get to choose the activities you would like to participate in, some of which include walking/running, intramural sports, climbing, swimming, and so much more! Registration forms will be available online and at the front desk of the CRC after the holidays. More details to come in January!

Long-term Locker Holders – It’s that time again!

If you are on payroll deduction, you do NOT need to turn in your locker key. However, the CRC staff would like you to know that your locker will be wiped down and vacuumed out on either Monday, December 16th or Wednesday, December 18th. Therefore, you have two options. You can take your belongings out of your locker during that time OR if you have belongings in your locker at that time, we will simply take the belongings out, clean your locker, and place your belongings back in the locker. If you are not on payroll deduction but have a long-term locker, you also have two options. The first option is to renew your membership for spring semester by Friday, December 6th. This will allow you to keep your locker key. Remember, we will still clean your locker on December 16th or 18th. The second option is to return your locker key to the main office by Friday, December 6th. If you choose the second option, you will need to place your name back on the locker waiting list when you sign up during Spring Semester.

Special Holiday Group X Classes

If you are sticking around during the Holiday Break, we want to offer you the opportunity to stay active with Group X. Any CRC member or Whee For Life participant can join us for these FREE classes! All classes are held from 12:10-12:50pm.

Monday, December 16th:
- PIYo Strength with Mandy
- Xpress Cycle + Abs with Haley

Tuesday, December 17th:
- PowerPump with Brandon

Wednesday, December 18th:
- Step with Shauna

Thursday, December 19th:
- PowerPump with Brandon
- PIYo Strength with Mandy
- Tabata with Haley

Friday, January 10th:
- Tabata with Haley

Intramural Sports

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Group Xercise

Thank you to all the participants who have made this semester a smashing success! As a quick reminder, the last day for GX classes for the Fall semester is Friday, December 6th. We will kick off the spring semester with Group X Jam on Thursday, January 16th from 5:30pm-7pm! Come try out the variety of classes the Group X program has in store for Spring 2014 with opportunities to win prizes and get some free giveaways! If you want to get a jump start on the Spring Semester you can purchase your Group X Spring 2014 pass starting, Monday, December 2nd, in the CRC Main Office. The spring semester schedule will begin on Tuesday, January 21st.

X30

If you’re ready to challenge yourself to a whole new level X30 might be for you. This six-week special Group X program is based off the “Focus T25,” which focuses on an intense 25-minute workout using mainly body-weight exercises. There will be two choices of class times: 6:45-7:15 AM or 12:15-12:45 PM, meeting M, Tu, Th, F each week. Only 20 committed participants will be allowed to register for each class. Registration begins Monday, December 2nd in the Campus Recreation Center and the cost is $25.00, which includes the regular Spring Group X pass, a 3-day diet analysis, and weekly nutrition tips (cash or check only). The program begins on Tuesday, January 21st and ends on Friday, February 28th. Challenge yourself to a whole new level this Spring!
The Role of Vitamin D in Your Health

What is vitamin D?
Vitamin D is a fat-soluble vitamin that is naturally found in some foods and added to others through fortification. There are, however, other ways to get vitamin D such as through supplements and sunlight. When the skin is directly exposed to sunlight it triggers vitamin D synthesis in the body.

What role does it play in the body?
Vitamin D plays many roles in the body. It works alongside calcium to promote bone development and to prevent deterioration over time. This makes adequate vitamin D intake an effective way to prevent or treat diseases of painful or fragile bones. Research also suggests that vitamin D might be effective in reducing the risk of multiple sclerosis, preventing cancer, promoting weight loss, combating respiratory infections, preventing tooth loss in the elderly, and reducing the risk of rheumatoid arthritis in older women. More research is being conducted to see if there is a link between vitamin D and asthma, heart disease, high cholesterol, diabetes, warts, and many other conditions.

How much is recommended?
The recommended dietary allowance (RDA) for adults between the ages of 19 and 50 is 600 international units (IU) per day. The RDA is set to meet the needs of 98% of all healthy people.

How to meet the recommendation:
- Food sources of vitamin D include: fatty fish (such as salmon, tuna, and mackerel), fish liver oils, beef livers, cheese, and egg yolks.
- Food items such as milk, yogurt, orange juice, and margarine are often fortified with vitamin D.
- Supplementation has also become very popular. Supplements can be purchased in both a D2 and a D3 vitamin form. Both vitamin forms are effective in increasing vitamin D levels in the body. Multivitamins also contain vitamin D and are a good option for those who think they could also be missing other nutrients in their diet.
- Bare skin’s exposure to sunlight produces vitamin D in the body. However, many factors go into determining how much is produced. Sun to skin contact that is protected by clothes or sunscreen does not yield vitamin D. Other factors such as, season, latitude, position of the sun, and cloud cover also play a part in determining how much vitamin D the body can create.

Who is at risk of vitamin D deficiency?
- People with dark skin
- Older adults
- Obesity


By: Ashley Jones, Graduate Student, Master of Health Sciences and WCU Dietetic Internship

Flake Out Now!

Keep calm. Relieve some stress before finals. Wednesday, December 4th 11:30am-2:00pm, UC Multipurpose Room. If you or some of your students are feeling the pressure of the end of the semester, take some time to de-stress with music, massages, crafts, cookie decorating & laughter.

Personal Training

Beat the New Year’s Rush! Do you have big fitness goals for 2014? It’s never too early to prepare for your new year’s resolutions and new fitness goals. A personal trainer can give you the knowledge, tools, and motivation to accomplish all that you set out to do! If you purchase your personal training sessions now, you can begin using them immediately or wait till January to begin. The bonus of purchasing your sessions now? If you purchase 10 training sessions you’ll get 2 additional free sessions, purchase 5 sessions get 1 additional session free! Offer will be good from Monday, December 2nd-Friday, December 20th. Let our nationally certified personal trainers help you achieve your goals!

Smoking Cessation Classes

Have you tried quit smoking or any tobacco products in the past, but haven’t succeeded? Maybe you’re thinking of quitting but don’t know how or where to start. Campus Recreation and Wellness is partnering with Counseling and Psychological Services to offer smoking cessation classes starting mid-January 2014. If you are interested in joining a class please email Mandy Dockendorf, Assistant Director for Fitness and Wellness at aldockendorf@wcu.edu to be emailed the dates and class specifics at the start of the spring 2014 semester.
EMPLOYEE OF THE MONTH

Nick Wilcox has worked for CRW for 3 years as an Intramural Supervisor. He loves being around the participants and trying to better the programs we offer. He strives for excellence and to have fun. A marketing major, he has a job at home working with Legends Hospitality for the ballpark. He will stay there for a couple years and then pursue bigger opportunities. Nick describes himself as a hard-working perfectionist who tries to do the best possible job he can and expects others to do the same. He loves to travel and see different sports venues, and would like to see every MLB stadium. A favorite quote is “All our dreams can come true, if we have the courage to pursue them.” –Walt Disney. Thanks Nick!

MEMBER OF THE MONTH

Julia Harrill is originally from Asheville, NC. Although this is her first year at WCU as a Pre-Nutrition major, she is a third-year transfer student from UNCA. Julia loves to run long distances and lift weights, and prefers to work out in the morning. She was around age 13 or 14 when she began working out in a gym, but she played sports before then. Julia loves to compete in races year-round, and her favorite races are sprint triathlons and half-marathons. Her future goals are to complete a full marathon and a half iron man. CRW admires Julia’s dedication and consistency. Congratulations on being chosen Member of the Month!

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.