Happy Holidays from Campus Recreation & Wellness

The holidays can be a busy time of year. Stay sensible this holiday season with a few of the following holiday fitness and wellness tips.

Exercise on or around a holiday event. Exercise will not only boost your endorphins and energize you for the day, but it will also help you keep down holiday weight gain. In addition, it can reduce your stress this season and make you feel less guilty about those holiday indulgences. Remember that “scheduling” it in your day may be the best way to make sure you set aside the time to take care of yourself.

Be sure to get enough sleep. Lack of sleep can lead to greater stress levels, higher levels of anxiety, and a lack of energy. You may find yourself compensating for lack of sleep by overindulging in food to try to gain the energy you are missing. Remember that sleep helps rejuvenate your mind and body.

Choose when to splurge. The holidays are full of parties and family gatherings, many of which have a wide variety of food options making it easy to overindulge. Before the holiday season begins, pick a couple of gatherings you want to splurge at so you don’t splurge at them all.

Slow down when it comes to nutrition. It takes time before our brain signals that we are actually full, so slow down during meals. This can help prevent you from overeating. Besides, the first bite always tastes the best anyways.

Take a deep breath. Taking a few deep breaths in the morning or throughout the day can help decrease stress levels. In doing so, you can be reminded of why the holiday season is such a joyous time of year. Try practicing full belly breathing for the greatest effects.

Also, check out what CRW has to offer as the holidays approach. Try our free holiday Group X classes, attend the Flake Out Now event to reduce stress, or start your New Year’s Resolutions early this year. And as always, please let us know how we may be of assistance.

Happy Holidays!
Thank you!

We appreciate everyone who came out to participate and support their teams during the fall intramural sport season. Coming soon: intramural sports spring semester calendar, new sports, new tournaments, and lots of fun!

Sign up for all IM events through imleagues.com

All tournaments and events require pre-registration the day before the tournament or event to cut down on the sign-in and administrative time the day of the event. For league sports, all players must register through imleagues.com and join a team to participate. Visit the Intramural Sports webpage for detailed directions on signing up through IMLeagues.

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**Intramural Sports**

- **Tournaments and Events**
  - **BADMINTON SINGLES TOURNAMENT**
    - Location: Reid Main Gym
    - Date: 12.4
    - Time: 6pm
    - Sign Up By: 12.3
  - **VOLLEYBALL CHAMPIONSHIP NIGHT**
    - Location: Ramsey Center
    - Date: 12.6
    - Time: 7pm

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**Congratulations!**

Congratulations to our CRW graduating seniors and those completing senior internships next semester before graduation in May! We thank you for your work with Campus Recreation & Wellness and wish you the best of luck in your future!

Intramural Supervisors: Hanah Curtis, Brandon Wykle, Jarrett Rice

Intramural Official: Will Farmer

Lifeguard: Andrew Crawley

CRC Supervisors: Haley Ellis, Steph Nordin

Recreation Assistant: Cassie McGuire

Group X Instructor: Ashley O’Neal

Personal Trainer: Mark Wright

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**FIRST PLACE WINNERS:**

- **Iron Cat:**
  - Female Student - Susan Wiley
  - Male Student - John Bright
  - Male Fac/Staff - Leonardo Bobadilla
  - Team - Caitlin Laemmle, Dan Henry, Brian Ulrich

- **Half Iron Cat:**
  - Female Student - Lindsey Pate
  - Male Student - Matthew Long
  - Male Fac/Staff - Skeet Myers
  - Female Fac/Staff - Mandy Dockendorf
  - Team - Cotter Collins, Nick Lacombe, Adam Ray

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**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 can join us for these FREE classes!

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**Maximize your workout with eXit - eXtreme Interval Training**

It is back by popular demand! This six-week “special Group X” program based off of “INSANITY®, focuses on body-weight only exercises. Only thirty committed participants will be allowed to register for the program. Registration begins Monday, December 3 in the Campus Recreation Center. The cost is $30.00 and includes the regular Spring Group X pass, a 3-day diet analysis, and weekly nutrition tips (pay with cash or check or you may pay with CatCash with our Administrative Assistant). The program begins on Tuesday, January 22 and ends Thursday, February 28 and meets four days per week from 6:30am-7:15am. Challenge yourself to a whole new eXtreme level this Spring!

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Concerned about the holiday season? Worried about gaining back the weight you have worked so hard to lose? DON’T BE! Enjoy some of your favorite foods this holiday season, but try controlling your portion sizes. This is a very important part of keeping off the weight. If you want to enjoy some of your favorite foods without the guilt, try using the MyPlate method. MyPlate is a great way to visualize the amount you should be eating. MyPlate consists of ¼ lean protein, ¼ whole grains, and ½ fruits and vegetables. Do not forget your serving of low-fat dairy. Also, try modifying some of your favorite foods to ensure a healthier, yet delicious meal! Enjoy those “must haves” this holiday season, but remember...portion sizes and moderation are important.

VISUALIZE A SERVING SIZE USING EVERYDAY OBJECTS:
- Meat - A deck of cards or the palm of your hand
- Baked potato - A computer mouse
- A teaspoon - The tip of your thumb
- Fruit or Vegetable - A baseball or the size of your fist

TIPS FOR A HEALTHIER HOLIDAY:
- Do not skip breakfast or lunch to save calories. You will be less tempted to overeat if you have already eaten a small meal.
- Before you become full, take a break and save room for a smaller portion of your favorite dessert. If you do overeat, go lighter on the next meal.
- Make time to exercise or take part in your favorite sport. Play some backyard games with your friends and family to stay active.
- Regardless of how you may modify your dishes, have fun experimenting with some healthier options before the holidays to ensure no stress.

Contributed by: Annie Pauley, CRW Dietetic

If you have a nutrition-related question, please email nutrition@wcu.edu.

FOR MORE INFORMATION, VISIT:
http://www.eatright.org or http://www.choosemyplate.gov

Cross Training Challenge
Beginning January 14, the Cross Training Challenge has something for everyone! Choose the activities YOU want to participate in. Examples include walking/running, intramural sports, climbing, swimming, and so much more! More information to come after the holidays!

Give the Gift of Health
Still looking for that perfect gift for your loved one? Consider purchasing a gift certificate! We have gift certificates for memberships, personal training sessions, family swim, and more! All eligibility rules still apply. Purchases can be made in the CRC Main Office during operating hours.

Membership Renewals
Are you a CRC member that pays per semester? Well beat the rush and come in today to renew your CRC membership for Spring 2013! This also ensures your CatCard remains activated through the holiday break. Hope to see you soon!
Tae Chung is an Accounting major born in South Korea but has lived his entire life in Asheville. He has been at WCU for four and a half years and is majoring in Accounting. He plans on becoming a Certified Public Accountant when he graduates. Tae has been working out since his eighth grade year and prefers to workout at the CRC after all of his classes are done for the day. Since graduating high school, Tae has lost 100 pounds. Thanks for your commitment to the CRC, Tae!

Kenneth Flinchum is a Veteran who began working for CRW as a Personal Trainer in August of this year and has been a tremendous asset to our team going above and beyond for clients and volunteering for various CRW programs. Kenneth is a Recreational Therapy major and plans on going to Physical Therapy school when he graduates.

What is your favorite part of working for CRW?
I enjoy meeting new clients and helping them work toward their goals. I like the atmosphere at the CRC and like that the job itself encourages me to maintain my physical well being. I enjoying getting to know the other students and employees that work at the CRC.

The CRC has really been a welcoming place that has made me feel like an integral part of the community at Western Carolina.

What advice would you give fellow student employees on the job?
Try to be as dynamic as possible; you will have to stretch your boundaries from time to time if you ever want to grow into a well-rounded person. Resiliency is also needed if you want to succeed in life. We are all capable of great things; you have to be willing to do whatever it takes to get where you want to be. Thanks for all of your hard work, Kenneth!

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