“Lift” your Mind, Body, and Spirit!

Campus Recreation & Wellness wants you to get “The Lift” in 2011. The Lift is that feeling you get of lifting your mind, body, and spirit through healthy lifestyle choices. In order to help you feel The Lift, CRW has a variety of programs and services to fit your needs.

Max The Lift with Group X by attending a variety of classes for only $10.00 for the entire semester. Play The Lift with Intramural Sports by signing up for the upcoming volleyball league or by attending a one-time event. Be The Lift by participating in Wellness Programs like the Student Wellness Fair. Experience The Lift by signing up for the Cross Training Challenge, Full Spectrum Farms 5K, or the Valley of the Lilies Half Marathon.

Let Campus Recreation & Wellness help you live The Lift every day. Come join in on the fun!
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 the cost includes everything on the schedule. Classes include Power Pump, Zumba, Yoga, Pilates, Cardio Combat, Cycle, and more. Come max "The Lift" today with Group X. Register any time the CRC is open.

Group X Jam Hits an All Time High

Group X Jam maxed out with 154 participants and 11 instructors. The event, which was held the evening of Wednesday, January 12th, allowed participants to try out several Group X classes. Several individuals won prizes and everyone walked away with a Group X t-shirt. Thanks to everyone who came out!

WCU Dance Team 2011-2012 Tryout Dates

The WCU Dance Team will hold their 2011-2012 tryouts on Friday, April 8th and Saturday, April 9th. Tryouts are for anyone interested in making the football or basketball squad for 2011 and 2012. Both days of tryouts are required. Questions regarding tryouts can be directed to Shauna Sage, WCU Dance Team Advisor, at sage@wcu.edu.

Men's Rugby to Host Two Games in February

The WCU Men's Rugby Club is hosting two home matches during the month of February. The first match-up will be against Davidson on Saturday, February 5th and the second match-up is against Guilford on Saturday, February 19th. Games are set for 2:00pm on Camp Lab Field 1. Come support your Catamounts!

WCU Climbing Team to Host Climbing Competition

The Club Climbing Team is hosting their annual climbing competition on Saturday, February 12th. As a result, the climbing wall will be closed Monday, February 7th - Saturday, February 12th to have a professional company set routes for the competition. We appreciate your understanding and hope you will come watch an exciting competition.
Feel The Lift

Personal Training is a great way to start a fitness program. Our certified personal trainers are ready to help you reach your goals in 2011. Whether you are looking to lose weight, gain muscle tone, increase flexibility, or train for an event, our trainers have the knowledge and resources to get you feeling "The Lift". Packages and individual sessions are available. Register today in the CRC.

Meet the Personal Trainers

**Trainer:** Allison Bracken  
**Major:** Nutrition  
**Certification:** AAAI-ISMA Personal Training  
**Fitness Background:**  
I have always been interested in health and have had a regular workout regimen since the age of 13. In September 2010, I received my personal training certification and have been working as a personal trainer both at the CRC and at a gym near my home. In order to gain more experience, I work out with experienced personal trainers. I have also been a Group X Instructor for 1 year.  
**Fitness Philosophy:**  
I believe that getting and staying in shape should not be a chore. It should be something that you enjoy. So if you are bored with your workout, try switching it up and try something new whether it be hiking, swimming, cycling, lifting etc. Group X and Personal Training are also great ways to change up your workout routines.

**Trainer:** Danaea Makemson  
**Degree:** B.S. Sport Management with a concentration in Exercise Science and Fitness Management  
**Certification:** AAAI-ISMA Personal Training, IPF level 1 Power lifting Coach  
**Fitness Background:**  
I have always been active having participated in gymnastics, soccer, and horseback riding growing up. In the recent past I have focused more on strength and conditioning and functional strength. For the past two years I have also been involved in Mixed Martial Arts Training, and more recently did a study abroad internship in Australia very heavily focused on powerlifting. I very much enjoy personal training and sharing my knowledge and enthusiasm for exercise and fitness with those who may not be as comfortable in the gym or coming up with an exercise routine.  
**Fitness Philosophy:**  
I very strongly believe in functional strength and an enjoyable workout experience. I believe that being “in-shape” is more than physical appearance, and setting smaller, more frequent goals is the key to obtaining your ultimate goal.

**Trainer:** Erik Watkins  
**Degree:** B.S. Forensic Anthropology, Starting D.P.T. program in the near future.  
**Certification:** AAAI-ISMA Personal Training, IPF level 1 Power lifting Coach  
**Fitness Background:**  
I have been interested in exercise and fitness on some level since childhood. I started playing baseball at the age of five and started studying martial arts at the age of ten. I’ve been working out regularly for the last 14 years. I served in the Marines for over four years in the infantry and have been training in Mixed Martial Arts for the last three years. I received my personal training certification in October of 2009 and have been working at the CRC ever since.  
**Fitness Philosophy:**  
I believe that structure affects function. A person’s mind, body, and spirit are symbiotic in relationship so one affects the other. Discipline in the body can help improve discipline in the other areas and vice versa. I also believe that exercise should be fun, but it’s hard to have a routine for most people due to busy schedules. This is when one must get creative with an exercise regimen and why the bigger picture is about lifestyle change than quick fixes to immediate issues.

Mind-Body Experiments

**Partner Massage**  
Come experience the relaxation of massage on Monday, February 14th from 7:00pm-8:00pm in CRC Studio 2. Bring a partner and learn massage techniques. This workshop is part of our monthly Mind-Body Experiments Series.
WCU 2011 Cross Training Challenge

This semester you can win prizes just for doing fun activities that you do every day! Using the online program, 411fit.com, participants can log their activity and get prizes for reaching pre-set goals in three different activities (chosen from a list of various recreational activities – there’s something for everyone from swimming, walking/running, intramural sports, strength training, climbing, and more!).

How to get started: Register online with *411fit.com (FREE!) and join the WCU 2011 Cross Training Challenge group. From there you can log your progress in the different activities and be on your way to winning prizes this semester! The challenge begins January 10th and ends April 23rd so start logging your activity now!

*Paper registration forms and workout logs are available at the CRC if preferred over the online program.

Get active and have fun this semester with the WCU Cross Training Challenge!

Full Spectrum Farms 5K Walk and Run

The Full Spectrum Farms 5K Walk and Run is brought to you by the WCU National Student Speech Language Hearing Association and Campus Recreation & Wellness to benefit Full Spectrum Farms, a residential farm for adults with Autism.

Race Course: Western Carolina University campus
Date: April 16, 2011
Start time: 5K - 9:00am  Kids Fun Run (1/4 mile) - 8:30am

Registration:
WCU Students/Sen. Citizens: $15 before 4/14, $20 on Race Day
Non-Students: $20 before 4/14, $30 on Race Day
Kids Fun Run: $3 before 4/14, $5 on Race Day

*Shirts are guaranteed for those registered before 3/29. If registered after this date, shirt will not be included with race fee. Shirts will be available for purchase on Race Day, while supplies last.

Register Now! www.active.com
Questions? Contact Laura Trivette: ltrivette@wcu.edu

Valley of the Lilies 2011 Half Marathon

April 3, 2011  7:00am start

Proceeds to support WCU student professional development & travel.
13.1 miles of beautiful mountains and the Tuckaseegee River

Register Now! www.active.com

Training Program included with race fee!

Training Program includes running group that runs four times a week (runners not required to attend all sessions), 11-week progressive programs for beginners and advanced runners, professional guidance for nutrition, shoe fittings, and other questions to help prepare runners for the race!

Register for the race on active.com to receive emails with more information on the training program!
SIGN-UP FOR INTRAMURAL LEAGUES ONLINE:

Go to imleagues.com/schools/WCU/registration to sign up your teams today!

**Volleyball League**

Sign-ups due by Monday, February 14th, Manager’s Meeting February 14th at 5:00pm in the CRC

<table>
<thead>
<tr>
<th>Single Day Events</th>
<th>Day/Time/Place</th>
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<tbody>
<tr>
<td><strong>Wii Bowling Tournament</strong></td>
<td>February 3rd, 7:00pm Cat’s Den</td>
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<tr>
<td><strong>3-Point &amp; Free Throw Contest</strong></td>
<td>February 3rd, 5:00pm CRC Gym</td>
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<tr>
<td><strong>Wiffleball Tournament</strong></td>
<td>February 12th, 12:00pm Reid Main Gym</td>
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<td><strong>Darts</strong></td>
<td>February 17th, 5:00pm CRC Lobby</td>
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<tr>
<td><strong>Wrestling Tournament</strong></td>
<td>February 23rd, 5:00pm Reid Main Gym</td>
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2011 Student Wellness Fair

**Date/Time:** February 9th 3:30pm-6:30pm  
**Location:** Campus Recreation Center  
The Wellness Fair has information tables and fun activities all focused on the seven dimensions of wellness. Stop by the fair to play some fun games and learn something new!

**American Red Cross Community CPR/AED Certification (Infant, Child, Adult)**

Date: Friday, February 18th  
Time: 4:00pm-9:00pm  
Cost: $45 members, $55 non-members, $60 community members  

**REGISTER AT THE CRC BY TUESDAY, FEBRUARY 15th**

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**Spring Break Hours of Operation**

**Campus Recreation Center**

- **Friday, February 25th**: 6:00am-8:00pm
- **Saturday, February 26th** and **Sunday, February 27th**: CLOSED
- **Monday, February 28th**-**Friday, March 4th**: 11:00am-7:00pm
- **Saturday, March 5th**: CLOSED
- **Sunday, March 6th**: 5:00pm-9:00pm
- **Monday, March 7th**: Resume Spring 2011 Hours

**Reid Pool**

- **Friday, February 25th**: Open until 6:00pm
- **Saturday, February 26th** and **Sunday, February 27th**: CLOSED
- **Monday, February 28th**-**Friday, March 4th**: 11:00am-2:00pm
- **Saturday, March 5th**: CLOSED
- **Sunday, March 6th**: 5:00pm-8:00pm
- **Monday, March 7th**: Resume Spring 2011 Hours
Are you looking for a healthy snack that is quick and easy to carry around in your backpack or briefcase? Try raw almonds. Yes, I said raw, not the ones covered in salt or some sort of sugary coating. Raw almonds are not only lower in calories, sugar, and sodium than their roasted, salted, or sugary counterpart but they are packed full of nutrition. They are known to lower cholesterol, especially low-density-lipoprotein cholesterol (LDL aka, the bad cholesterol). Almonds do have a high fat content but don’t let that fool you. They are loaded with mono and polyunsaturated fats (that’s the good kind), protein, magnesium, potassium, calcium, iron, zinc, manganese, phosphorous & vitamin E. Almonds are also known to have significant fiber content, up to 4 grams per quarter cup.

Because of almonds’ high fat content, their shelf life is limited and if not stored properly can easily become rancid. Keep them in an airtight container in a cool dry place; although, an afternoon in your backpack won’t hurt. If stored in the refrigerator, they can keep up to several months. Below are a few simple recipes for a fabulously healthy snack. Enjoy!!

Cinnamon Almonds

1 cup raw almonds
2 ½ cups of water
2 tsp cinnamon

Soak almonds in water overnight. Drain and rinse. Sprinkle almonds with cinnamon.

**Serving Size:** 1oz. (28g/ 24nuts)  **Amount per Serving:**  Calories:  158 | Total Fat: 13g | Saturated Fat: 1g | Cholesterol: 0mg | Sodium: 0mg | Dietary Fiber: 4g | Protein: 6g

Spiced Spanish Almonds

1 tbsp extra virgin olive oil
½ tsp smoked paprika
½ tsp salt
¼ tsp ground cumin
¼ tsp cayenne pepper (optional)
½ pound whole blanched almonds

Preheat oven to 300°. Combine all ingredients in a large bowl and spread evenly in a single layer on a parchment-lined baking sheet. Bake for 35 minutes. Remove from oven and cool to room temperature.

**Serving Size:** 1oz. (28g/ 24nuts)  **Amount per Serving:**  Calories: 164 | Total Fat: 15g | Saturated Fat: 1g | Cholesterol: 0mg | Sodium: 202mg | Dietary Fiber: 3g | Protein: 5g

For more information on healthy snacks and better nutrition choices, please contact our dietetic intern at nutrition@wcu.edu.
Amy McKenzie grew up in West Lafayette, Indiana. She has been at WCU for five years and assumes many roles including Administrative Support Associate in the Department of Philosophy and Religion and the Office of the Dean of the College of Arts and Sciences. She is also an Adjunct Instructor teaching Women and Religion or Eastern Religious Traditions. Amy has been exercising since elementary school and currently enjoys the challenge of Group X. One of the many reasons Amy was chosen for Member of the Month is her commitment to wellness. She currently serves on two committees that address well-being: the Employee Wellness Task Force (WHEE for Life) and the Sustainability Council. Amy admits that fitness is not easy to maintain and attributes her workout commitment to Kellie Monteith and her fun, challenging, entertaining, and dynamic Power Pump classes. Keep up the good work Amy!

Ben Williams, one of our CRC Supervisors, is a Sociology major from the Asheville area and intends on pursuing an advanced degree in Physical Therapy when he graduates. Just what you’d expect from a Sociology major, Ben says he likes working for Campus Rec & Wellness because he gets to meet new people and make new friends. He enjoys being outdoors (when it’s warm of course) and staying active with friends. His favorite sport to watch is basketball and if he could travel anywhere, Ben says he would go to either Ireland for the scenery or Bora Bora for the beach. When asked what he would do if he won the lottery, Ben’s tongue-in-cheek response was, “…buy a nice vehicle that worked every time I started it…then travel the world…then take over it.” Ben definitely keeps the CRW staff laughing. Congratulations Ben!