Campus Recreation & Wellness knows that training for an event can help keep you motivated and consistent with your workouts. This may be just the challenge you need to motivate you through the final days of the cold season and into the summer. With that in mind, we have a few events for you to train for so choose one and go for the challenge.

Sign up for and train for the Valley of the Lilies Half Marathon or 5K, which is scheduled for Saturday, April 6th. For more information, read on or go to halfmarathon.wcu.edu. You can also register for the Intramural Weightlifting Challenge scheduled for Tuesday, February 19th in the Campus Recreation Center. The challenge is split by weight class so everyone can compete. Additionally, you can start training to compete in Intramural Soccer. Outdoor Soccer sign ups run through February 18th and the league is set to start February 25th. Lastly, you can train to get certified in lifeguarding. CRW’s annual American Red Cross Lifeguarding Certification Class is scheduled for the end of February. The class is now in a blended learning format so participants will complete an online component prior to attending the in-classroom and practical pool sessions. For more information, read on.

If training for an event is not in your forecast, you can get some great ideas about workout planning at our fitness event titled “Effective and Energizing Workout Planning”. This event is focused on the Extremes cohort but any WCU community member is welcome to attend. Read on for more information.

Finally if you need added motivation but are not looking to train for an event, you may want to consider signing up for Personal Training. For more information on benefits and fees, inquire in the Campus Recreation Center. We hope to see you this month and beyond!
2013 Valley of the Lilies Half Marathon & 5K

How are you doing so far in 2013? Need a new challenge? Valley of the Lilies Half Marathon or 5K race can be it! It is a great way to be active, have fun, and socialize. Sign up today at imathlete.com and get motivated!

Race Date: Saturday, April 6, 2013
halfmarathon.wcu.edu

What you get for registering:
• Training program and fun running group to keep you on track! Meets 4 mornings per week and is free for all half marathon & 5k registrants!
• Nutrition tips from WCU Nutrition Interns
• Technical running shirt
• Goodie bag
• Half Marathon finishers will receive a finisher prize
• Possibly a fun, free dinner with your fellow Res Hall mates if you win the Res Hall Challenge!
• Pride and satisfaction in completing this awesome WCU tradition!

Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months!

Intramural Sports

Soccer League
Sign-ups due by Monday, February 18 at 11:55pm
Manager’s Meeting: Wednesday, February 20 at 6pm in the CRC Meeting Room
Play will begin on Monday, February 25.

Soccer scrimmage games are being hosted for officials training on Wednesday, February 20. Please call 227-8807 or email jdjohnston@wcu.edu to request a scrimmage game.

Tournaments and Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Sign Up By</th>
</tr>
</thead>
<tbody>
<tr>
<td>ColRec Bowling</td>
<td>Countryside Bowling Lanes</td>
<td>2.6</td>
<td>7pm</td>
<td>On-Site w/CatCard</td>
</tr>
<tr>
<td>Disc Lacrosse</td>
<td>Reid 201/202</td>
<td>2.15</td>
<td>6pm</td>
<td>2.13</td>
</tr>
<tr>
<td>Weightlifting Challenge</td>
<td>CRC Weights Area</td>
<td>2.19</td>
<td>7pm</td>
<td>On Site w/ CatCard</td>
</tr>
<tr>
<td>PEAKS Cornhole</td>
<td>UC Lawn</td>
<td>2.28</td>
<td>6pm</td>
<td>On-Site w/CatCard</td>
</tr>
</tbody>
</table>

All leagues and most tournaments/events require pre-registration beforehand unless otherwise stated. Please check out the sport information page on imleagues.com for details, registration procedures, policies, and rules.

For league sports, players must create an account and join their team through imleagues.com. Visit the Intramural Sports page for detailed directions on signing up through IMLeagues.

Basketball Extramural Tournament
Extramural tournaments are a great opportunity to showcase your skills against other universities across the nation and represent Western Carolina University.

NIRSA Regional Basketball Tournament hosted by Georgia Southern
Friday February 22nd- Sunday, February 24th
Team entry cost is $300 and deadline is Friday, February 14th.
Men’s and Women’s divisions will be offered. Winner receives paid entry and travel stipend into the NIRSA National Tournament hosted by NC State.

For a full list of tournaments, visit nirsa.org and acissports.org

*Travel forms and team rosters are required two weeks before tournament to the Assistant Director of Intramurals. Ask for more details!
LOVE YOUR HEART THIS FEBRUARY AND KEEP IT HEALTHY!

WEAPONS AGAINST HEART DISEASE

According to the American Heart Association, a healthy diet and lifestyle are your best weapons in the fight against heart disease. Eat a wide variety of nutritious foods every day. Find ways to manage your stress. Some ways to decrease your stress levels include:

- Eating a well-balanced diet
- Getting plenty of sleep
- Give yourself a break if you are feeling stressed
- Exercise regularly
- Maintain a normal routine

HUNDREDS OF HEART HEALTHY OPTIONS

- Look for the heart checkmark on foods in the grocery store to see if it meets the criteria for heart-healthy foods.

- Look for the heart checkmark on certified meals in restaurants or food service to see if they meet the criteria for heart-healthy meals.

THINGS TO HELP YOUR HEART

- Regular physical activity
- Eat a diet low in saturated fats and trans fats
- Eat foods high in fiber
- Eat foods low in salt and sugar
- Eat foods high in omega-3 fatty acids
- Quit smoking

In order for a product to become certified as a heart-healthy meal, it must meet specific nutritional guidelines. For standard certification, the following criteria must be met:

- Total Fat: Less than 6.5 g
- Saturated Fat: 1 g or less and 15% or less calories from saturated fat
- Trans Fat: Less than 0.5 g (and label serving)
- Cholesterol: 20 mg or less
- Sodium: 480 mg or less (also per label serving)
- Beneficial Nutrients: 10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)
Congratulations to Ruby Banerjee for becoming our Member of the Month! Ruby has been a dedicated member of Campus Recreation since 2000 when it was located in the Reid Fitness Center. Ruby is the University Library Specialist in the Research & Instruction Services department of Hunter Library. She has been here at WCU for 14 years, but was born in India. A couple of years ago, Ruby decided that she needed some expert advice on working out the “correct way” in order to achieve her desired results. She worked with a trainer who put together a routine for her to follow. Now Ruby generally does a few minutes of cardio exercise combined with muscle training and/or yoga. She really enjoys working out in the morning, but her time to work out here at the CRC is mostly during her lunch break. In her words, “I am just happy to be able to work out each day. It keeps me fit and lifts my spirits!”

Tanya Johnson joined the CRW team in Spring 2011 and has been a wonderful asset to the team in her current role as Graphic Designer. After 11 successful years in real estate law, Tanya returned to WCU to do something she loves (graphic design). Tanya plans to continue with her work as a graphic designer in Asheville after she graduates in May. Tanya describes herself as “a little quirky, hard worker, good friend, artist, runner”. She says that her favorite part about working for CRW is the energy and the wonderful people. She says an added bonus is she doesn’t have to worry about driving to the gym when she gets off work. Tanya’s advice to fellow staff members is “work hard and stay humble”. Congratulations Tanya and thank you for being a valuable part of the Campus Recreation and Wellness team.

Health and Safety Certification Classes

FIRST AID & COMMUNITY CPR/AED (ADULT, CHILD, INFANT)*
Date: Thursday, February 7
Time: 4pm-6pm
Location: Campus Recreation Center Meeting Room
Cost: Member $40
Non-Member $55
Register at the Campus Recreation Center by Friday, February 1.

AMERICAN RED CROSS LIFEGUARDING*
Participants must complete all online sessions and attend all classroom sessions to receive certification. Certification includes CPR/AED for the Professional Rescuer.

Dates and Times:  
Friday, February 22, 4pm-9pm  
Saturday, February 23, 9am-5pm  
Sunday, February 24, 12pm-9pm
Location: Reid Pool and Campus Recreation Center Meeting Room
Cost: Member $150, Non-Member $175
Register at the Campus Recreation Center by Friday, February 15. Class is capped at 20 participants so register early!

*This class is in the “Blended Learning” class format. Participants will be required to complete online work prior to arriving at the class. All registrants will receive information via email on how to access the online videos, tutorials, and how to print off the completion certificate.

Hours of Operation

Advising Day  
Tuesday, February 26
The Campus Recreation Center and Reid Pool will operate under normal hours of operation for Advising Day. Group X classes are also on normal schedule on Advising Day.

Effecti ve Workout Plan

Tuesday, February 26  
7pm in Harrill Hall  
College students are busy and often have a difficult time fitting physical activity into their schedules. In this session you’ll learn how to create our own workouts that will improve your health, effective in achieving your goals and fit in your busy schedules.

Mind-Body Experiment

Drum Circle with Michelle Cooper  
Wednesday, February 20  
7:00pm in CRC Studio 2

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.