



“Balance is not something you find,  
it is something you create.”

~Jana Kingsford

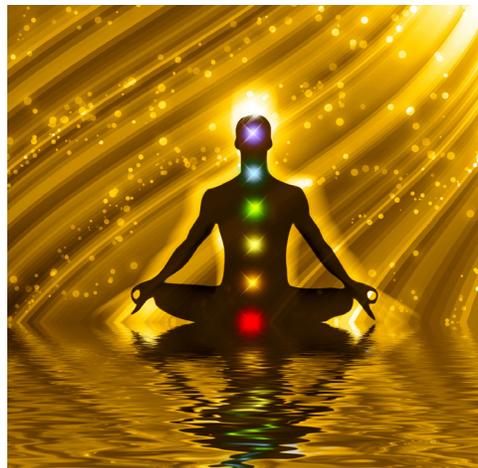
## Finding Balance

During the month of March, the sun shines perfectly on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night. March can be a stressful time, with midterms looming, projects to grade, and summer plans to start thinking about. This month, Campus Recreation and Wellness wants to offer you some ways to find balance in the midst of the chaos.

- Start the day with meditation. Meditation activates our parasympathetic nervous system, and brings us to a deep state of relaxation. Even if we wake up tired, participating in 5-10 minutes of meditation as soon as we wake up can actually make us feel more rested and less stressed. If you've never meditated before, try the Headspace app for a simple 10-minute meditation!

- Spring Break is the second week of March at WCU. Let's start off strong and get ahead on our daily tasks or assignments before break! This will make our Spring Break a real opportunity to rest and recover from the stresses of day-to-day life. This is also an opportunity for us to do something we love, which can also be a source of replenishment.

- Research shows that chronic stress can actually shorten the length of the telomeres in our DNA and accelerate the aging process, making us look



older! Yoga is a great way to find balance in body, mind, and spirit, and it actually increases our supply of telomerase, which replenishes the length of our telomeres, and slows the aging process. Purchase a GroupX pass to get started! Or, you can join us for free at the Campus Recreation Center Studio 2 for Yoga to Love Your Body NOW on March 15th at 7pm. This is just one of our mind-body experiments series offered this spring semester.

Let's take a hint from March and find some balance between light and dark in our lives. We hope these tips are helpful as you find what works for you!



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# Intramural Sports



Spring is around the corner, and Intramural Sports are ready to head outside! The following leagues and tournaments will be available for registration in March.

### Tournaments

**Innertube Water Polo:** Sunday, March 19th at 5pm in Reid Pool. Register a team of 5 (at least 2 men and 2 women) by March 15th.

**March Madness:** Pick your winners for the NCAA Men's and Women's Basketball Tournaments on your personalized Imleagues bracket! Register your bracket by March 14th.

Register for all Intramural Sports on Imleagues or the RecIT App – the official app of Imleagues.



## LEAGUE

## LOCATION

## REGISTER BY

## PLAY STARTS

## DIVISIONS

Softball  
Sand Volleyball  
4v4 Flag Football  
Kickball

Camp Lab Fields  
Village Sand Courts  
Camp Lab Fields  
Camp Lab Fields

3/15  
3/15  
3/22  
3/29

3/20  
3/20  
3/26  
4/3

M/W/CR  
M/W/CR  
M/W  
CoRec

## Club Sports

### February Competition Reports

- Women's Rugby lost against Coastal Carolina on 2/4, 67-10.
- Equestrian had the following riders place in a show in Bristol, Va. Katie Hockley, 5th place; Virginia Temple, 5th place; Leah Parrish, 4th and 5th place; and Jackie Karinja, 5th and 3rd place.
- Women's Rugby lost against App State on 2/12, 75-0.

### Come cheer on your fellow catamounts at their home games this March!

#### Men's Soccer vs UNCA

Friday, March 24th at 5:30pm, CRW Fields

#### Ultimate Frisbee

Friday, March 24th at 8:00pm, Football Stadium

#### Women's Rugby vs. UNC Charlotte

Saturday, March 25th at 1:00pm, CRW Fields

#### Women's Volleyball Tournament

Saturday, March 25th from 10am-5pm, CRC Courts

To find out more about our club sport teams, please visit our club sport webpage on [rec-center.wcu.edu](http://rec-center.wcu.edu) or visit a club's WCU OrgSync or imleagues page.



WESTERN CAROLINA UNIVERSITY • CULLOWHEE, NC

## VALLEY OF THE LILIES

### 2017 HALF MARATHON & 5K

**Don't miss out on early registration pricing!**

**Race Date:** Saturday, April 1, 2017  
**Time:** Half Marathon starts at 8am, 5K starts at 8:15am

For more information visit:  
[Halfmarathon.wcu.edu](http://Halfmarathon.wcu.edu)

Prices go up after March 4th  
 Register today on [active.com](http://active.com)!

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

## Peanut Butter

### Benefits of Peanut Butter

March is National Peanut Butter Lover's Month. Peanut butter is a great food for fueling your body before or after a workout. But why? It offers a variety of minerals, fiber, protein, and essential fatty acids. Additionally, numerous studies show that peanuts are heart healthy. However, peanut butter can sometimes be misconstrued as a "naughty" food for its high calorie content. Two tablespoons can set you back about 200 calories. However, good news! Everyone needs healthy fats to feel energized and make progress in the gym. The trick with peanut butter is just to keep the portion reasonable according to your nutrient needs. Peanut butter can be incorporated into a healthy diet to provide nutrients that help you feel fuller longer regardless of your calorie needs. So, here's to eating peanut butter not just for the month of March, but all year long!

*Here are two, four-ingredient recipes that can provide you the fuel needed in order to keep making those goals and gains in the gym.*

### Peanut Butter & Banana Oatmeal

½ cup of rolled or quick cooking oats  
1-2 tablespoons of natural peanut butter  
1 small banana or half of a medium sized banana  
Optional: 1 tsp of honey or other sweeteners

Cook oatmeal per the instructions on the container. Then, add peanut butter, diced banana and honey or other sweeteners. It's that simple! This is a great way to start the day. The protein, fat and fiber will keep you full all morning thus can help prevent mid-morning snacking or over eating at lunch.

### Peanut Butter and Protein Smoothie

1-2 tablespoons of natural peanut butter  
1 scoop of chocolate or vanilla whey protein powder  
4 large ice cubes  
1 cup unsweetened almond milk or 2% milk

This is a great post-workout smoothie or even a great alternative to that late night bowl of ice-cream, yeah... *you know who you are!*

## Group Exercise

### Max The Lift with Group eXercise

Group Exercise is a great way to "lift" your mind, body, and spirit. As the second half of the semester gets started, let the group x classes help you reduce some stress and help you achieve your health and fitness goals. Check out the latest group x schedule on the CRC website, a new and updated schedule will begin after spring break on March 13 and will end on April 28. If you don't currently have a group x pass, you can purchase one for \$10 anytime the CRC is open. We look forward to seeing you in class soon!

### Mind Body Experiment

Yoga to Love Your Body NOW  
Wednesday, March 15  
7:00-8:00pm  
CRC Studio 2

Your body is your direct line to the world and your life in it. Don't wait until you achieve the "perfect" body to love life; love your body and life as it is NOW.

## Catamount Fit

*New classes starting soon!!*

This is a NEW fitness program that is led by Certified Personal Trainers. This is an intense functional training program that focuses on creative workouts for body strength, core, and cardio.



Classes begin the week of March 20 and end April 27. As a participant you can choose to attend class 1, 2, 3, or 4 times throughout the week.

Time: 5:30-6:30pm

Days of the week offered: Monday - Thursday

Cost: \$15 for the first day you choose and \$10 for each additional day.

- 1 day \$15, for 5 weeks
- 2 days \$25, for 5 weeks
- 3 days \$35, for 5 weeks
- 4 days \$40, for 5 weeks

Example: If you want to go to class on Mondays and Wednesdays you would pay \$25 to attend both of those days for the duration of the 5 weeks.

## Personal Training, Personalized Attention

*Are you looking for a personalized training program? Do you want to meet specific fitness goals or train for a particular event?*

If so, sign up to meet with one of our certified personal trainers today. Our trainers will initially meet with you to conduct a fitness assessment to determine your current fitness level and then sit down with you to determine the best course of action to help you meet your goals. There are a variety of training packages available including small group training packages.

For more information, inquire at the Campus Recreation Center.



# Outdoor Programs

## Explore the Outdoors

Come explore the outdoors with Base Camp Cullowhee. With warmer weather on the way (maybe?), look for more open enrollment outdoor adventure trips after spring break.

Base Camp Cullowhee encourages you to try a new activity to challenge yourself to new heights. You never know what may lead to a new lifelong love. Not sure what type of experience to try? Visit the Adventure Shop in the Campus Recreation Center to speak with Base Camp staff about opportunities available to you.

Whatever you do, don't let spring escape without some adventure in your life!



## Tuck River Clean Up

Saturday, April 8th

Come out and join Base Camp Cullowhee for the 33rd Annual Tuck River Clean Up! Tuck Clean Up is the nation's largest, single day river clean up.

This effort sees close to 1,000 volunteers every year who work to clean up 27 miles of the Tuckasegee River. Base Camp Cullowhee will provide the participants with a paddle, personal flotation device and a river talk for the section of the river that you will be rafting. After a fun afternoon of rafting and trash collecting you will be transported back to Cullowhee for the cookout located on the UC lawn, starting at 4:00 PM. At this time, we will give away the door prizes for the day.

There is an alternative walker's route for those not meeting the weight requirement to be on the river or anyone who would prefer to not be on the river, please look for the walker's tent on the UC Lawn during registration. You must weigh at least 40 pounds to raft the Tuckasegee.

Cost: FREE

Registration: April 8th, 11am-1pm on the UC Lawn.

## WCU Trail Service Day

Sunday, April 2nd, 9am-12pm

Help out with trail maintenance on the WCU Trail System. This is a great way to get involved with the WU community and help to preserve a unique piece of campus property. The WCU Trail System is a 7-mile loop trail that many people use to hike, run, or mountain bike. All volunteers will be assigned a crew and a section of trail to work on. Trail maintenance will include raking and shoveling the trail, moving rocks or small boulders, and trimming back plants. Transportation will be provided to and from the Trail System by Base Camp Cullowhee.

Cost: FREE

Registration Deadline: Thursday 3/30 @ 5pm

## Upcoming Events

### Kids Climb Night

Friday, March 17th, 5-7pm

Cost: \$5/kid

### Rock Climbing 101

Saturday March 18th

Cost: \$30 student/ \$35 non-student

Registration Deadline: Thursday, 3/16 @ 5pm

### Whitewater Kayaking 101

Saturday, March 25th

Cost: \$30 student / \$35 non-student

Registration Deadline: Thursday 3/23 @ 5pm

### Lead Climbing Clinic

Saturday, March 25th

Cost: \$10

Registration Deadline: Thursday, 3/23 @ 5pm

### Roll Clinics

Thursdays, 3/2-4/6

Cost: FREE

7-9pm in Reid Pool

### Belay Clinics - Wednesdays, 3/1-4/26

Cost: FREE

At the climbing wall every Wednesday 6-8pm

# Hours of Operation

## Spring Break

### Campus Recreation Center

Friday, March 3rd 6:00am-7:00pm  
Saturday, March 4th Closed  
Sunday, March 5th Closed  
Monday, March 6th – Friday, March 10th  
6:00am-8:00am\*, 11:00am-7:00pm  
Saturday, March 11th Closed  
Sunday, March 12th 5:00pm-9:00pm  
Monday, March 13th Resume Regular Hours

### Reid Pool

Friday, March 3rd Pool Closes at 6:00pm  
Saturday, March 4th – Saturday, March 11th  
Closed  
Sunday, March 12th 5:00pm-8:00pm  
Monday, March 13th Resume Regular Hours

\*These hours are a trial run to gauge participation during the morning hours of a university break.

For adverse weather updates, please call 227-8808. Hours subject to change. Please see our Hours of Operation online at <http://www.wcu.edu/experience/connect-and-join/campus-recreation/hours-of-operation.aspx>

# theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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WCU is a University of North Carolina campus and an Equal Opportunity Institution.

# Health and Safety Classes

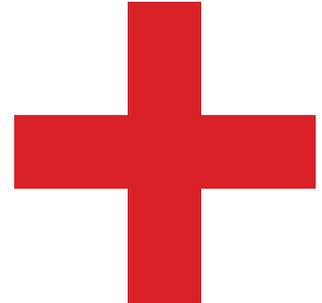
The courses are split between online content and classroom material. You must complete the online section before the class date. Sign up with cash or check only at the Campus Recreation Center. If you have any questions regarding courses, please contact Brandon MacCallum at [bmmacallum@wcu.edu](mailto:bmmacallum@wcu.edu).

### Lifeguarding Certification

Friday 3/17/17 4pm-9pm  
Saturday 3/18/17 8am-5pm  
Sunday 3/19/17 9am-2pm  
Reid Pool

### CPR/AED for the Professional Rescuer

Monday 4/10/17 5pm-7pm  
CRC Meeting Room



## EMPLOYEE OF THE MONTH

Julio Diaz is originally from Asheboro, North Carolina. He is a junior majoring in Electrical and Computer Engineering Technology. Julio enjoys working at the CRC because he enjoys getting to know other individuals who love fitness and he likes being a part of others' fitness journeys. Julio's advice to his fellow co-workers is to continue to love fitness. Other interesting facts about Julio include being a hug dog lover and a New England Patriots fan. Him and his girlfriend currently have a Lab, a German Shepard, and a Goldendoodle. Julio wanted to be sure to include "Go New England Patriots" in his bio. Congratulations Julio on being selected as employee of the month!



## MEMBER OF THE MONTH

Catherine Dutour is from Summerville, South Carolina about 40 minutes outside Charleston. She is a freshman at WCU and is studying Forensic Science. The Forensic program along with the beautiful mountain scenery drove her to attend WCU. Catherine loves to come to the CRC in the early mornings close to 6:30 a.m. and is here five times a week. She spends most of her time on the elliptical. Catherine has been exercising on and off since the summer 2013. Now that she's in college she has the opportunity to work out every day. Congratulations Catherine on being chosen member of the month! We enjoy seeing you bright and early!



**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.