As spring fast approaches, you may want to step outside to enjoy the sunshine! Take your fitness training outdoors by signing up today for the Full Spectrum Farms 5K or the Valley of the Lilies Half Marathon.

In addition to our special events, CRW will also continue to serve your fitness and wellness needs with a variety of fun activities. Check out the new March Group X schedule (with an additional Zumba class) under “Fitness” at reccenter.wcu.edu or the ever-popular Intramural Sports leagues at imleagues.com. Also, bring your workout indoors on Member Appreciation Day, Wednesday, March 16th and enjoy some healthy snacks.
Cullowhee Rock'n'Rumble Fest Rocks the CRC
The WCU Climbing Team hosted the third annual Rock'n'Rumble Climbing Competition at the WCU Campus Recreation Center on Saturday, February 12th. The competition included 48 climbers, 12 of whom were from WCU. Although WCU did not take the top prize in any of the categories, their spirit and sportsmanship throughout the event were certainly notable. The Climbing Team wants to thank all the spectators who came out to watch the event. Additionally, a big thank you goes out to all the area vendors who gave prizes for the top finishers.

Men’s Rugby falls to Guilford
The WCU Men’s Rugby Club fell to Guilford 21-5 on Saturday, February 19th after taking a 5-0 lead to start the game. The president of the club stated that although the team lost, “we played well”. The Men’s Rugby Club only had 15 players for the match so they managed the entire game without any substitutions. The game was Men’s Rugby’s last home game of the season.

Extreme Interval Training Participants Finish Strong
The Extreme Interval Training program (eXit) finished out its six weeks on Friday, February 25th. Approximately 2/3 of the participants managed to attend three out of four days per week for the duration of the program. Some testimonials from the program include:

“Although EXIT is a challenging program mentally and physically, it really works and has given me a new outlook on what I can accomplish in a workout routine. I’ve already looked into purchasing Insanity to continue workouts similar to the ones we’re learning in class. Although waking up so early for class was one of the more hard parts of this program, the trainers kept the group motivated and helped us push through each day.”

“I will be getting married in June and the eXit program has taken my goals of getting in shape and completely surpassed them. I have always worked out but because of the motivating instructors and the high-energy program I have really enjoyed the past couple weeks and I am actually sad to be finished. The program was definitely hard work but I give it 2 thumbs up on results I have gained and the overall experience.”

“This class is very rewarding as long as you have the drive for it; I have definitely seen the results I wanted.”

Congratulations to those who attained their goals!

More Personal Trainers, More 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 provide you with a comprehensive fitness assessment to determine your current fitness level and sit down with you to determine the best course of action to meet your goals. Training sessions are available in various packages. For more information, inquire at the Campus Recreation Center.

WCU Dance Team Wraps up the 2010-2011 Season and Preps for 2011-2012
The WCU Dance Team wants to thank everyone who came out in support of the Catamounts this basketball season! The Dance Team is preparing for an active 2011-2012 season beginning with tryouts on April 8th and 9th. For more information on tryouts, please visit the website at reccenter.wcu.edu, WCU Dance Team.

*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-Saturday, March 5th
*CLOSED*
Sunday, March 6th
5:00pm-8:00pm
Monday, March 7th
Resume Spring 2011 Hours

*Closed for maintenance and cleaning
Valley of the Lilies 2011 Half Marathon

Sunday, April 3 | halfmarathon.wcu.edu

REGISTE R NOW AT ACTIVE.COM

Proceeds to support student professional development and travel.

RACE HOSTS:
WCU School of Health Sciences | Campus Recreation & Wellness

Full Spectrum Farms 5K Walk and Run

April 16th, 2011 9:00am start
Western Carolina University

Walk or run to benefit Full Spectrum Farms, a residential farm for adults with Autism. www.fullspectrumfarms.org

Register online at www.active.com
*Registration closes on April 13th. Shirt guaranteed only for those pre-registered by March 29th.

Brought to you by WCU National Student Speech Language Hearing Association and Campus Recreation & Wellness

Join us on a scenic journey through the Cullowhee Valley and along the Tuckaseigee River before winding back onto Western Carolina University campus for the finish.

Training Program, Technical Running Shirt and “Goody Bag” included with race fee.

Training Program includes running group, 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.
**SIGN-UP FOR INTRAMURAL LEAGUES ONLINE:**

Go to [imleagues.com/schools/WCU/registration](http://imleagues.com/schools/WCU/registration) to sign up your teams today!

**Leagues:**

Outdoor Soccer – Sign up by March 7\(^{th}\), Manager’s Meeting March 7\(^{th}\) at 5:00pm in the CRC Classroom

Softball – Sign up by March 14\(^{th}\), Manager’s Meeting March 14\(^{th}\) at 5:00pm, Location TBA

<table>
<thead>
<tr>
<th>Single Day Events</th>
<th>Day/Time/Place</th>
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<tbody>
<tr>
<td>Bench Press Competition</td>
<td>March 10(^{th}), 5:00pm CRC Free Weight Area</td>
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<tr>
<td>March Madness Pick ‘Em</td>
<td>Picks due by March 16(^{th}). Look for link on our website.</td>
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<td>Bocce Ball</td>
<td>March 24(^{th}), 5:00pm UC Lawn</td>
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<td>Tennis Double Tournament</td>
<td>March 26(^{th}), 10:00am WCU Tennis Complex</td>
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<tr>
<td>Softball Skills Competition</td>
<td>March 29(^{th}), 5:00pm Camp Lab IM Fields</td>
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<tr>
<td>NBA 2k11 Tournament</td>
<td>March 29(^{th}), 8:00pm Cat’s Den</td>
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<tr>
<td>4 v 4 Flag Football Tournament</td>
<td>April 1(^{st})-3(^{rd}) Camp Lab IM Fields</td>
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<td></td>
<td>Sign up online by March 30(^{th}).</td>
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Member Appreciation Day

Date: Wednesday, March 16th
Time: 7:00am-9:00am and 11:00am-1:00pm

Campus Recreation & Wellness knows how important our members are in the success of our programming and facility. That’s why we would like to take a moment and say “thank you”! Please drop by the CRC and partake in some refreshments before or after your workout in honor of you, our fabulous members!

American Red Cross Standard First Aid with Community CPR/AED (Infant, Child, Adult)

Date: Saturday, March 19th
Time: 9:00am-4:00pm
Location: Campus Recreation Center
Cost: $65 members, $75 non-members, $85 community members

REGISTER AT THE CRC BY WEDNESDAY, MARCH 16th

Lifeguard Certification Course
(CPR Pro Rescuer included in course)

Dates/Times: Friday, April 1 5:00pm-9:00pm
Saturday, April 2 9:00am-5:00pm
Friday, April 8 5:00pm-9:00pm
Saturday, April 9 11:00am-6:00pm
Sunday, April 10 1:00pm-9:00pm
*Participants must attend all sessions to receive certification.

Cost: WCU Students & CRC Members $150.00
WCU CRC Non-Members $175.00
Community $200.00

Register at the Campus Recreation Center by Tuesday, March 29th. 10 participant maximum. Contact the CRC for recertification information.
A STROKE CAN HAPPEN AT ANY AGE!
For more information on healthy snacks and better nutrition choices, please contact our dietetic intern at nutrition@wcu.edu.

Variety

Eat a variety of fruits and vegetables that are high in fiber, vitamins & minerals

Strokes are also referred to as coronary heart disease (CHD). They are caused by a disruption in blood flow to the brain. A person can have what is called a mini stroke or a trans ischemic attack (TIA). These are warning signs that another stroke will happen again it is just a matter of time. Exercise is recommended. This has been shown to increase HDL (the good cholesterol). Researchers have found that diet and exercise can play a significant role in reducing the recurrence and the overall risk of stroke.

Nutritional intervention is one of the most important ways to treat and reduce a persons risk of stroke. Because blood lipid levels are so closely linked to stroke, it is important to lower LDL cholesterol. Careful attention should be paid to reducing the amount of trans fatty acids and saturated fats in a persons diet. A diet rich in whole grains, high fiber, a variety of fruits and vegetable, non-fat and low fat dairy product and lean meat & fatty fish will help improve the risk factors involved. Cholesterol levels and high blood pressure are the primary risk factor looked at in treating Coronary Heart Disease.

What’s heart healthy

Whole Grain Products
- Cereal grains
- Oats
- Barley
- Hot cereal
- Multi grain bread

Fruits & Vegetables
- Deeply colored fruits & vegetables provide more vitamins and minerals
- Spinach
- Carrots
- Peaches
- Berries
- Kale
- Beets

High Fiber Foods
- There is soluble and insoluble fiber.
- Oatmeal
- Barley
- Rice Bran
- Legumes
- Beans
- Peas

Nonfat Dairy Products
- 2-3 servings a day.
- Skim Milk
- 2% Milk
- Low Fat cheese
- Cottage Cheese
- Low Fat Yogurt

Fish & Lean Meats
- Fish high in Omega 3 & Omega 6 fatty acids, along with lean meats are recommended.
- Tuna
- Trout
- Herring
- Salmon
- Chicken
- Turkey
Renee Corbin is from western North Carolina, serves as the Director of Assessment at the College of Education and Allied Professions, and has been at WCU for the last 26 years! She has a pretty hectic schedule with work and family but understands the importance of being healthy, fit, and consistent after her father passed away from heart disease. She makes the time to work out during her lunch hour where she gets cardio in on the StairMaster and a total body workout on the weight machines. When it’s warmer she walks two miles in her neighborhood everyday after work. Renee says she was a sporadic exerciser until about two years ago when she got serious about her commitment with the help of her spouse’s good exercise habits. For fun, Renee ballroom dances, tries new cooking recipes, spends time with her family, and plays with the family cats. Keep up the good work Renee!

Amanda Kouri is one of our Group eXercise instructors and just recently began personal training for us. She is from Raleigh, North Carolina and is majoring in Musical Theatre. If you didn’t catch her in Rent, be sure to see her in Kiss Me Kate! After Amanda graduates she plans to move to New York or Los Angeles to start her career. Not surprisingly, her favorite thing to do is sing. She likes working at Campus Rec & Wellness because she likes helping people achieve their health goals and helping them be “the best you, you can be”. If given the opportunity to travel anywhere, Amanda would go to Australia or Greece for the scenery. When asked what she would do if she won $50 million, she answered quite wisely, “I’d probably take a nice long vacation somewhere amazing. And the rest I would save, you never know when times get rough and money can come in handy.” Congratulations, Amanda! Thank you for all you do for Campus Recreation & Wellness!