In this Issue

Page 3  American Red Cross Lifeguard Training Course

Page 4  Dance Team Tryouts

Page 5  March is Nutrition Month! Nutrition Resources

Page 6  Mid-Semester & Spring Break Hours

Is it Spring yet?

We can’t be sure but it appears that things may be looking up with the weather, just in time for the newly printed Campus Walking Routes! If you would like some for your office or department, let us know! We’re very excited to share these and other wellness resources with the WCU community. The routes are also on the CRW website: reccenter.wcu.edu if you’d like an electronic version.

We also want to invite you to our Member Appreciation Day (read more on page 6) and encourage you to take advantage of programs and services to help you reach your health & wellness goals. The new Group X March schedule is now online and at the CRC – check it out!

Have you lost something? The CRC donates ends up donating many un-claimed items to charity each month. Please check with the Control Desk if you think you may have lost an item.

Member of the Month

Congratulations, Jeff Hughes! The Director of the A.K. Hinds University Center not only makes sure there are lots of fun things for the WCU campus to do he also makes time to stay in shape.

Originally from Lake Hartwell, GA, Jeff has been a regular exerciser for over 25 years. His favorite exercise is a dumbbell press; which he likes to do with the rest of his workout in the morning – a routine he sticks with regularly. The CRC staff has commented on his commitment, even on the weekends! Keep up the good work, Jeff!
2010 Wellness Fair

The 5th Annual Wellness Fair was a huge success with about 150 students in attendance. Thanks to Taylor Hinson who coordinated the event and all who made it happen:

- Campus Recreation and Wellness
- Counseling and Psychological Services
- Women’s Center
- Base Camp Cullowhee
- Health Services
- CLAW
- SGA
- University Center
- Residential Living
- April Tallant’s Community Nutrition Class
- Erin Tapley’s Art Education Class
- Debby Singleton’s Sexual Health class
- UNITY
- Safe Zone
- Nutrition Club
- Police Dept.
- Ann Hallyburton
- Catamount Tutoring Center
- SwaSap
- Relay for Life
- LMP/Service Learning/AOD Committee
- Yellow Bike Project
- Campus Kitchen Garden
- Emotional and Mental Health Committee
- Aramark
- GAMMA

Brendan Braaten won grand prize at this year’s Wellness Fair, a dinner for two at Bogarts.

Please join C.L.A.W.!
Campus Leaders Advocating Wellness
UC Lawn
March 23rd from 2:00pm–5:00pm

FREE lemonade, music and tips on staying safe and healthy during Spring Break!

Catamount Disc Golf Braves the Cold

The Catamount Disc Golf Club braved the cold weather on Tuesday, January 16th to host a disc golf clinic for the campus community. Although the weather prevented many individuals from participating, the club is still optimistic about ongoing promotion of the sport.
Looking for the perfect summer job?

How about lifeguarding? The CRC will be offering an American Red Cross Lifeguarding class in April. Lifeguarding is a rewarding job that teaches responsibility and experience. CRW will be hiring for summer!

Certification Pre-Requisites

- Lifeguard participants must be 16 or older.
- Pass a swim test: 300 yard continuous swim
- 10-foot deep swim–dive–swim (1 minute 40 sec. time limit)

The class includes the following certifications: CPR for the Professional Rescuer, which is good for one year and Lifeguarding/First Aid which is good for three years. The course also includes ARC Lifeguard Book, a Pocket Mask as well as all three certification cards, upon successful completion of the class.

The cost of the class is $150 and the class dates are:

<table>
<thead>
<tr>
<th>Class Dates &amp; Times</th>
<th>Recertification Dates &amp; Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, April 9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Friday, April 9&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Saturday, April 10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>5:00pm – 6:00pm</td>
</tr>
<tr>
<td>Sunday, April 11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>1:00pm – 5:00pm</td>
</tr>
<tr>
<td>Friday, April 16&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Saturday, April 17&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Saturday, April 17&lt;sup&gt;th&lt;/sup&gt;</td>
<td>10:00am – 4:00pm</td>
</tr>
</tbody>
</table>

Recertification cost is $75.00

Registration is currently going on at the CRC. All participants MUST pre-register and attend ALL sessions. If you have any questions, please email: jasasser@wcu.edu.

Adult CPR Course

CRW will offer an adult CPR course to students, faculty, and staff on Saturday, March 20<sup>th</sup> from 9:00am–1:00pm. The cost for the course is $25.00 for WCU students, faculty, and staff and includes the certification card (upon completion), course booklet, and course instruction. Registration is ongoing in the CRC main office, but a minimum number of registrants is required for the course to run.
The second Whee ♥ Quitters Smoking Cessation Program for students begins April 5th and meets on Mondays and Thursdays at 7:00pm in the CRC.

Register by April 1st in the CRC main office.
Celebrate National Nutrition Month! Check out the links below to learn more about your personal nutrition needs and ways to eat cheaper, easier, and healthier.

Fruit and vegetable information, ideas, recipes, and budget tips. http://www.fruitsandveggiesmatter.gov/

Food Guide Pyramid with nutrition information, menus, games, and resources. http://www.mypyramid.gov/


Don’t forget about the Full Spectrum Farms 5K! Go to the CRW website (reccenter.wcu.edu) for the registration form as well as training program so you’re ready to walk or run on race day!

All proceeds of the race benefit Full Spectrum Farms. For more information about the organization, go to: www.fullspectrumfarms.org.

Rec Assistant of the Month

Rakim Lash, a freshman Communications/Journalism major from Greensboro, is our Rec Assistant of the Month. In addition to working as an RA, he is also the newest member of the CRW Marketing Team.

When asked why he likes working at the CRC he said, “The CRC is like a second home for me. If I can be a part of helping others achieve physical fitness and feel better about themselves, then that is worth more than a paycheck.”

Although he likes lifting in general, Rakim’s favorite days are working upper body – chest, triceps, and biceps. When he’s not working, working out or studying he says he can be found at the movies, eating out or just getting into adventurous and mischievous fun with his crew of friends…maybe we should increase his hours at the CRC!
Congratulations Campus Recreation Center!

We are proud to announce that the CRC has passed the 400-member mark! We’re excited that so many employees at Western value their health and wellness through membership at the CRC.

To show our appreciation we will be having a Member Appreciation Day on Wednesday March 3rd between 11:30am – 2:00pm in the CRC lounge area. Light refreshments will be served for a post workout snack.

We hope to see you all and look forward to many years to come!

Mid-term Break Hours:

Tuesday, March 2nd
CRC 6:00am–8:00pm
Reid Pool closes at 6:15pm

Wednesday, March 3rd – Friday, March 5th
CRC 11:00am–2:00pm
Reid Pool 11:00am–1:00pm
CLOSED
CRC 5:00pm–9:00pm
Reid Pool 5:00pm–8:00pm
Regular Spring 2010 hours

Saturday, March 6th
CLOSED
Sunday, March 7th
Monday, March 8th

*Limited Group X Schedule, check the CRC for complete information*

Spring Break Hours:

Friday, March 26th
CRC 6:00am–8:00pm
Reid Pool closes at 6:00pm
CLOSED
CRC 11:00am–2:00pm
Reid Pool 11:00am–1:00pm
CLOSED
Regular Spring 2010 hours

Saturday, March 27th & Sunday, March 28th

Monday, March 29th – Friday, April 2nd

Saturday, April 3rd & Sunday, April 4th

Monday, April 5th