As the days get cooler, let Campus Rec & Wellness help you reach your health & wellness goals.

October 2009

October Events

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>5th</td>
<td>Bowling</td>
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<td>Reid Bowling Lanes</td>
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<td>15th</td>
<td>Table Tennis Doubles Tournament</td>
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<td>Cat’s Den @ 5:00p</td>
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<td>23rd-25th &amp; 30th-Nov. 1st</td>
<td>Lifeguard Training Class</td>
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<td>F – 6-9p</td>
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<td>Sa – 9a-5p</td>
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<td>Su – 1-9p</td>
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<td>29th</td>
<td>Mind-Body Experiments:</td>
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<td>Tai Chi – 7-8p</td>
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Happy Anniversary CRC!

We have seen many changes in the short time since the CRC opened & are excited to celebrate this milestone. The dedication of the facility took place on October 17, 2008, which coincides with Homecoming this year.

We want to back the Cats so we're celebrating our birthday by participating in the Homecoming festivities including Day of Service, Banner creation, Float building & the Homecoming Parade in Sylva; Wednesday – Friday of Homecoming week. Come cheer us on as we create a float showing our “Purple Pride” & look for our 1st Anniversary banner around campus.

This month’s newsletter includes ways you can make time for your health & wellness by participating or attending activities. Don’t miss the Member of the Month, as well as, a recap of the Men’s Alumni Rugby match.

In addition to Member of the Month, we’re adding Recreation Assistant of the Month to our regular awards. We hear great feedback about the student staff at the CRC so we’d like to publicly recognize one of our student staff each month, but we need your help! Please submit your nominations in the black box by the bulletin board near the vending area in the CRC.

CR&W is also going green by printing fewer copies, recycling & watching our energy usage. To aid in this effort we’re revising our website, to be completed this month!

Campus Rec Backs the Cats!

The Campus Rec Center will close early on the following dates:

Friday, Oct 16th @ 6:00 pm – Homecoming Parade (Sylva)
Saturday, Oct 17th @ 1:00 pm – Homecoming Game
Saturday, Oct 24th @ 1:00 pm – Family Weekend Football Game
Congratulations Dodgeball Champions

Coed – Dodge These Balls

Women’s – Team T.B.A.  
Men’s – Yahtzee

Don’t forget all Western Carolina University students, faculty & staff can participate in Intramural Sports.

Check out these upcoming events…

Intramural Sports Activities

**Bowling** @ the Reid Bowling Lanes – Oct. 5 @ 5:00 pm

**Cross Country Meet** @ Norton Field – Oct. 7 @ 5:00 pm

**Table Tennis Doubles Tournament** – Oct. 15 @ the Cat’s Den 5:00 pm

**Catamount Games** – Oct. 15 on the UC Lawn (in conjunction with float building)

**Indoor Soccer** Sign-ups due Oct. 19 @ 12:00 pm in the CRC

**Arm Wrestling** – Oct. 29 @ the CRC 5:00 pm

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**Member of the Month**

Congratulations to Dale Brotherton, Interim Department Head of Human Services and Program Leader for the Community Mental Health Master’s Program here at Western, who has earned the respect of many of our members & staff through his dedication to regular activity. Although he grew up in southwest Missouri, he’s been a member of the Fitness/Rec Center since 1993 and before that he received his masters at WCU in 1984.

Dale’s favorite workout involves running. The best run for him is when he starts out slow and easy just letting his body adjust to the exercise. He only picks up the pace as his body lets him. This might be surprising, but it usually takes about three miles for it to happen. His mind settles down and just notices what’s around him instead of thinking about what needs to get done next.

To be consistent, Dale picks a time to workout when there is less possibility to change his mind. First thing in the morning works, “If I wait saying that I will work out later, I seldom find the time to exercise.”

Dale has exercised his whole life and participated in activities that required him to be physically fit, such as playing soccer and running cross country in college.
Program Spotlight: Informal Rec

What’s Informal Rec, you ask?

Informal Recreation is the unstructured activities available inside and out of the Campus Rec Center. Following is information about services and activities you may use everyday or might not have known about. Remember, if you have questions about Informal Rec or any of our programs or services, please ask any staff member or visit our website @ reccenter.wcu.edu.

Cardio Equipment – treadmills, stair steppers, step mills, elliptical trainers, Arc Trainers, recumbent and upright bikes, recumbent stepper, spinning bikes & rowing machines all available for informal use

Machine Weights – Full line of Cybex strength equipment to work all muscle groups as well as plated loaded machines and cable cross with additional stations

Free Weights – benches including flat, incline and decline as well as adjustable degrees and dumbbells from 5 – 100 lbs.

Climbing Wall – 48 ft. indoor wall, staffed by Base Camp Cullowhee 5 days per week

Indoor track – 8 laps per mile

Gym – marked for 2 basketball and volleyball courts

2 Multiuse Studios – for use by individuals or groups outside Group X classes & Club practices

Disc Golf Course – 12 hole course begins behind the CRC & wraps around Norton Field

Reid Pool – 25 yard, indoor heated pool

Equipment Check-out – Variety of equipment from basketballs to disc golf discs & tennis racquets

CRC Staff is here to help with general exercise questions & to demonstrate fitness equipment. Please ask if you have any questions or ideas!

Kid’s Climb
Every 3rd Friday of the month
6:00 – 8:00 pm
$5.00 per child for members
$10.00 per child for nonmembers

In addition to open climb, Kids’ Climb is available to Members & Non-Members the 3rd Friday of each month

In Informal Rec, Pick-up basketball is a popular informal activity at the CRC

WCU Dance Team
Tryouts for the 2009-2010 basketball season were held on September 18th – 19th.

Congratulations to the following individuals:
Tia Hughes
Katelyn Baucom
Lauren Locher
Brittany Keller
You have already embraced the knowledge that incorporating physical activity into your life is a must on your health checklist. According to Way to Health, research shows that over 60% of adults do not get enough physical activity. Each year, physical inactivity causes 2 million deaths worldwide, accounting for up to 16% of breast cancer, colon cancer, and diabetes cases, and 22% of ischemic heart disease.

Well, your Employee Wellness Task Force is taking action toward a healthier work environment for all Western Carolina University employees. Although genetics play a role in our health, we cannot do much about our genes. We can, however, have some control over our environment, and definitely over our lifestyle choices.

Please join us for the 2009 Western Carolina University Employee Appreciation Day luncheon and benefits/vendor fair!!! This year’s event will include the official launch of our Employee Wellness Committee and Campus Initiatives! Your Employee Wellness Task Force is currently developing a strategic Action Plan and other events supporting a healthier work environment. A big addition to this year’s Employee Appreciation Day will be a dedicated health and wellness section on the concourse.

The Employee Wellness Task Force will host several tables and vendors full of healthy lifestyle information. We look forward to working with you and embrace the opportunity we have for a healthier campus.
October 2009 CRC Member Newsletter

Mind-Body Experiments Program

The Wellness Program’s Mind-Body Experiments series continues October 29th @ 7:00 pm with Tai Chi.

Tai Chi is a form of martial arts, originating in China in the 14th century. Often referred to as “moving meditation,” Tai Chi is a low impact, weight bearing aerobic exercise that improves muscle strength, coordination, flexibility, balance, eases pain, improves sleep and overall wellness.

Individuals move their bodies slowly, gently and with awareness while breathing deeply. Come experience Tai Chi with an advanced student from Lion’s Gate Kung Fu Academy in Sylva. Students at the Academy learn to live a healthy well-balanced life through physical and mental discipline, taking part in passing on a legacy of knowledge that has been handed down for thousands of years.

2009 Men’s Rugby Alumni Match Wrap-Up

It was a cool, end of summer Friday night for the men’s rugby alumni game, with new & old faces alike. In the end the Alumni wound up defeating the WCU Men’s team 24-3. Although the score doesn’t represent it, the game was hard fought on both sides.

The WCU Men’s Squad had 23 players, for many of whom was their first game. The Alumni Squad had 17 veteran players, which turned out to be the difference maker.

The Western Old Boys Squad (WOBS/Alumni) scored the first try of the night and before the WCU Men’s squad could react they found themselves down by 2 try's and a penalty field goal kick, making the score 17-0 at the half.

In the second half, the WOBS added one more tri and the WCU Men’s Club kicked a field goal on a penalty kick. The good news for the WCU Men’s Club is that although they might be young and somewhat inexperienced, they came close to scoring a tri two or three times and the rookies were able to get a taste of their first game and learn from some very experienced Alumni.

The WCU Men’s Club is taking to the road this fall, with games against, Clemson, Tennessee, and Elon, but look forward to them returning in the spring semester, when they will host some matches here in Cullowhee on their own pitch.

Group X Reminders:
With an all time high in Group X Program participation this Fall follow these guidelines to get the most out of your workout:

• Get to class early to get set up – especially Power Pump & Yoga
• Put your belongings in lockers
• Bring a water bottle & towel

People practice Tai Chi all over the world such as this group in Budapest, Hungry.