

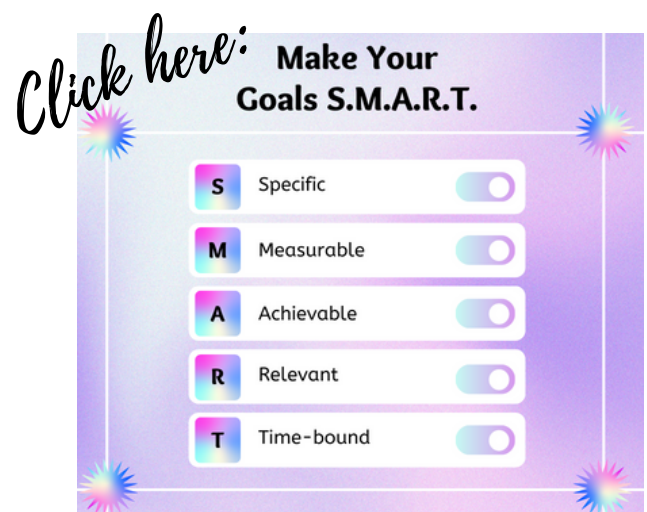
Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- Sticking to New Year's Resolutions
- Group Exercise Schedule
- 2022 Year in Review
- And more . . .

5 Science-Based Strategies for Nailing Your New Year's Resolutions

- **Make a Cue-Based Plan.** Plotting on a calendar or setting a reminder on your phone are great cues and help prevent other obstacles from getting in the way.
- **Consider a Penalty Clause.** This may sound sinister, but ensuring you'll face some penalty if you don't achieve your New Year's resolution can work wonders. One example is posting on social media what you plan to do. Then, you won't want to feel guilty for not following through. Cash is another option. Make a bet with a friend that you'll stick to your New Year's resolution or pay.
- **Reward Yourself.** One way to make pursuing a goal that normally feels like a chore more fun is to combine it with a guilty pleasure. Consider only letting yourself watch your favorite TV show at the gym so you'll start looking forward to workouts, or treat yourself to a favorite Starbucks drink after you complete your fitness goal for the week.
- **Allow for Emergencies.** By setting tough goals (like a 10 p.m. bedtime every night) but giving yourself one or two get-out-of-jail-free cards each week, you can get better results than by setting either tough or easy goals without wiggle room.
- **Get a Little Help From Your Friends.** Spending time around high achievers can boost your own performance. You'll pick up a bit just by spending time together because you'll be inclined to conform to their patterns of behavior.
- **Make it Fun.** Only choose activities or exercise that you enjoy doing so you stick with it longer (i.e. dancing, intramural sports).



Group Exercise Schedule January 31 - March 9

Butts, Guts, and Guns
Tuesdays: 12:00 - 12:30

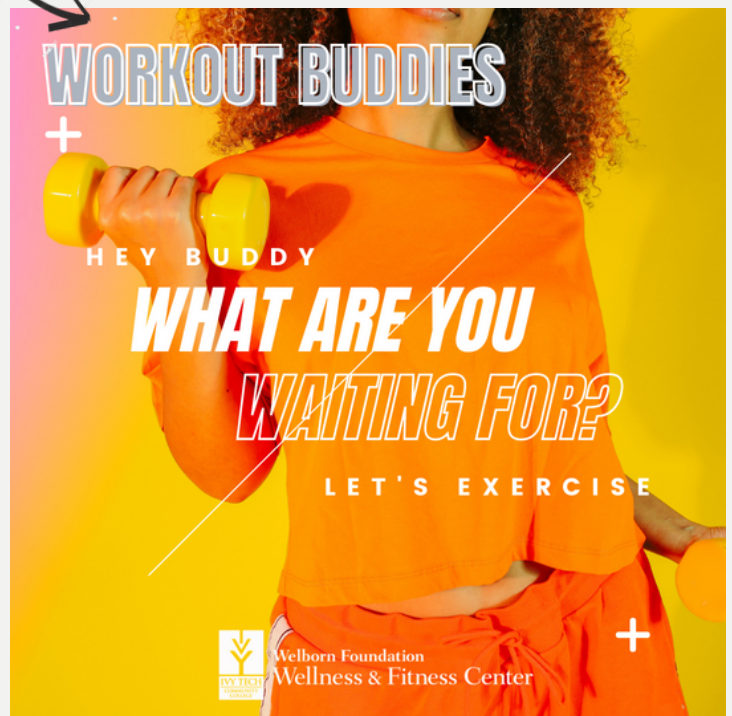
ChiChi Fit
Dance to Broadway Show Tunes
Wednesdays: 12:00 - 12:30

Yoga
Thursdays: 12:30 - 1:00

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SPRING/SUMMER COMMUNITY MEMBERSHIP

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August 20, 2023

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*Building a stronger
community.*

*Give your immune system
a boost by eating
more veggies!*

ROASTED ITALIAN VEGETABLE MEDLEY

Ingredients:

- 2 small zucchini, cut into coins and then sliced in half
- 2 small yellow squash, cut into coins and then sliced in half
- 12 oz cherry tomatoes (or any small tomato), sliced into halves
- 1 orange pepper, sliced
- 2 tbsp extra virgin olive oil
- 2 tsp Italian seasoning
- Salt, pepper, and onion powder to taste
- 1/3 cup Parmesan cheese (or more to taste)

Instructions:

- Step 1: Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper or aluminum foil (Just makes for easier clean up)
- Step 2: In a large bowl toss the zucchini, squash, orange pepper and tomatoes with the olive oil, Italian seasoning, and salt and pepper.
- Step 3: Spread out veggies on baking sheet.
- Step 4: Roast for 15 minutes, sprinkle parmesan evenly on top, then roast for an additional 10 minutes.



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Healthy Recipes



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