

# Ivy Be Well & Fit

## WHAT'S IN THIS MONTH'S ISSUE:

- Positive Attitude Month
- Wellness in the Park
- Free Self-Defense Class
- Walktober: Oct. 1-31

## Positive Attitude Month

Positive Attitude Month is an annual designation observed in October. A positive attitude is the best trait you can carry with you, because it makes any difficult or frustrating situation a lot easier to deal with. If you look at most scenarios as “glass half empty,” now is the time to change that! Looking at things with a “glass half full” perspective is a small thought process that makes a big difference. Research suggests there are lasting benefits to keeping a positive attitude.

1. Longer life span because of overall lower stress levels
2. Lower chance of depression
3. More resistance to sicknesses like the common cold
4. Increased physical and mental well being
5. Less risk of death from cardiovascular disease
6. More developed coping skills during challenges.

If you struggle to keep a good attitude, here are a few steps you can take to move past that:

1. **Write it down.** List the negative things in your life. Seeing them on paper can help you recognize and address them when they happens in real life.
2. **Let go of expectations.** Sometimes, negativity begins with unrealistic expectations of yourself or others.
3. **Forgive yourself and others.** Do not dwell on past mistakes. You are only hurting yourself if you do so.
4. **Respond, don't react.** Change can be difficult to manage, but if you take a breath and give yourself some time to think, you'll find the clarity you need to respond in a positive manner.
5. **Surround yourself with positive people.** Yeah yeah, we know, you hear it all the time... But if you can do that, you'll start to see how happy & successful people think, and you'll likely start to think the same way.



# Walkie Talkies

Improving mental and physical wellbeing with fun conversation and exercise.

*Register here*

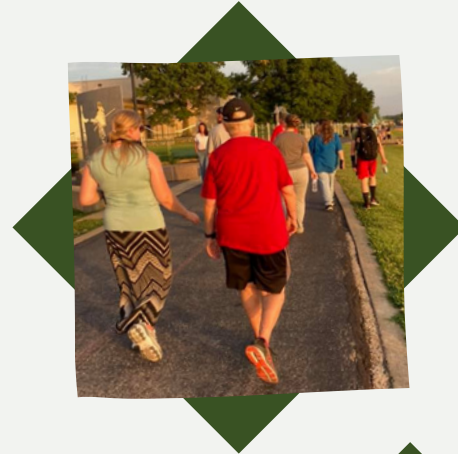
Every Wednesday at 11:30 a.m. on the Ivy Tech Evansville Campus. And, on the following dates:

**Saturday, October 7, 10:00 a.m.**  
Meet at USI Broadway Recreation Complex and walk the 2-mile Burdette Trail loop around campus

**Thursday, October 19, 5:00 p.m.**  
Walk the trails at Northwoods (behind old Lloyd Pool)

**Saturday, November 11, 10:00 a.m.**  
Walk the Greenway from Garvin Park to Stringtown Road and back (about 3 miles)

Questions? Contact  
alutzel@ivytech.edu or  
ldavis207@ivytech.edu



Lamkin Center for Student and Learning Success



Welborn Foundation  
Wellness & Fitness Center  
@ivytechwellandfit

*Register here*

*Wellness in the Park*  
*at Burdette Park*  
**Saturday, October 28**  
**10:00-noon**


Join us during one of the most picturesque times of the year for outdoor games, sports, arts & crafts, music, and door prizes.





Welborn Foundation  
Wellness & Fitness Center

**DYNAMIC DEFENSE**  
LEARN BASIC SELF-DEFENSE SKILLS FROM AN EXPERT

**Wednesday, November 1 12:00-1 pm**  
**Ivy Tech Koch Student Center**



Damien Burge, owner of Velocity Fitness, will teach strikes, blocks, escapes, and other self-defense maneuvers. Active participation required. Feel free to bring a partner to practice with.

Welborn Foundation  
Wellness & Fitness Center



Welborn Foundation  
Wellness & Fitness Center

# Walktober

October 1 - 31

- REGISTER ONLINE
- TRACK YOUR WALKS ON THE BULLETIN BOARD IN THE HALLWAY.
- ONE MILE EQUALS ONE HASH MARK
- TOP 5 PEOPLE WITH THE MOST HASHMARKS WIN GIFT CARDS
- ALL PARTICIPANTS ELIGIBLE FOR RANDOM DRAWINGS: FITBIT, T-SHIRTS, AND BACKPACKS



Welborn Foundation  
Wellness & Fitness Center

Register here!



Chili weather

## SIMPLE Turkey Chili

- 1/2 teaspoons olive oil
- 1 pound lean ground turkey
- 1 onion, chopped
- 2 cups water
- 1/2 red bell pepper chopped
- 1 (28 ounce) can crushed tomatoes
- 1 (16 ounce) can kidney beans - drained and rinsed and mashed (optional)
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder (add more if you really like it spicy)
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

### Instructions:

- Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown.
- Stir in onion, and cook until tender.
- Pour water into the pot. Mix in tomatoes, kidney beans, pepper, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper.
- Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.



Welborn Foundation  
Wellness & Fitness Center



FOR MORE INFO VISIT:

Park of the Month: Burdette Park

October Wellness Calendar

Cardio Equipment Tutorials



Welborn Foundation  
Wellness & Fitness Center