

# Ivy Be Well & Fit

## National Gratitude Month

November is National Gratitude Month and it is time to recognize what you're grateful for! Isn't it amazing how something as simple as gratitude can give new meaning to life? Research states that people who practice gratitude every day are not only happier but also healthier. So if you were looking for reasons to be thankful, then these benefits should be just the motivation you need.

Gratitude is the simplest way to change one's perspective of the world. It allows us to appreciate the positive, rather than focus on the negative aspects of our lives. Learning to be grateful helps us appreciate the little things in life that we tend to take for granted, which brings about a deep feeling of satisfaction that fulfills and nourishes us.



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

- Gratitude Month
- BikeShare Bike Ride
- Planksgiving
- Healthy Recipe, Wellness Survey, and more.

Being always grateful does not mean that one would deny the fact that negative things happen in life (that would be delusional); it means finding and focusing more on the good. It means finding something to be grateful for amid the preponderance of bitterness and hardship.

Gratitude has been proven to generate a positive impact on psychological, physical, and personal wellbeing. Practicing gratitude or reflecting on what you're grateful for is an effective way to deal with life's chaotic, stressful and tense moments. Grateful people tend to sleep better, have lower stress levels, exercise more often, and eat healthier.

Coincidentally, Thanksgiving falls in gratitude month. On Thanksgiving Day, we celebrate gratitude. So if you are the kind of person who needs a special occasion to be thankful, then Gratitude Month is the encouragement you've been looking for.



# Upgrade Bike Share

## RELAXING CYCLING ON CAMPUS

LEARN ABOUT BIKESHARE ON THE IVY TECH CAMPUS AND TAKE A SHORT RIDE AROUND THE NEIGHBORHOOD.

FREE SNACKS AND GIVEAWAYS: FREE BIKESHARE MEMBERSHIPS, T-SHIRTS, AND BIKE WATER BOTTLES

*Register here*



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EVANSVILLE  
**TRAILS**  
COALITION

TUESDAY



RESERVE YOUR SPOT

NOVEMBER 14 @ 12:00

10 FREE SPOTS

CORNER OF FIRST AVE & COLONIAL

E-MAIL: ALUTZEL@IVYTECH.EDU

812-429-0582

# Planksgiving

30 Days of Planks and Thanks

November 1 - 30

*Click here*

1. Planks will improve your posture.
2. Planks help protect your back from injury.
3. Planks are convenient. You can do them anywhere.

Choose any form of planking you wish. Write down how much time you plank each day on the calendar, total up your time, write your name on the calendar, and turn it in at the Fitness Center by December 1 to claim your prize.



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# Purple Thursday



# Walkie Talkies



# Wellness in the Park

# MEDITATION MONDAY @ 11:30

Practice relaxation techniques to help you relax, clear your mind, and become more focused to take on the week.

WWW.IVYTECH.EDU/WELLANDFIT  
@IVYTECHWELLANDFIT

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— WORLD —  
**KINDNESS**  
DAY

13 November



*Spread kindness  
around like  
confetti!*



## Avocado Chicken Salad

### Ingredients:

- ✓ 2 cups of shredded grilled chicken breast
- ✓ 1 avocado
- ✓ 1/2 tsp garlic powder
- ✓ 1/4 tsp salt
- ✓ 1/2 tsp pepper
- ✓ 2 tsp fresh lime juice
- ✓ 1 tsp fresh cilantro
- ✓ 2 tbsp light mayo
- ✓ 1/4 cup plain Greek yogurt

- Mix all ingredients together in a large bowl. Cover and refrigerate for at least 20–30 minutes to let all those yummy flavors blend together.
- Serve on your favorite bread, crackers, pita or on a bed of spinach.



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## Workout of the Month

## November Wellness Calendar

## Wellness Survey

FOR MORE INFO VISIT:



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