

# Ivy Be Well & Fit



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

- Health Benefits of Kindness
- Becoming a Wellness Champion
- Heart Health
- And more . . .

## Health Benefits of Kindness

As the saying goes, "Kill 'em with kindness." Of course, we know that is a play on words because kindness will never kill anyone. It will only make your life better. Kindness has proven to increase:

- **The Love Hormone.** Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health.
- **Energy.** About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth.
- **Happiness.** A 2010 Harvard survey of happiness in 136 countries found that people who are altruistic were happiest overall. (Just make sure you're setting healthy boundaries.)
- **Lifespan.** People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease.

- **Pleasure.** According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the "helper's high."
- **Serotonin.** Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!
- **Kindness can decrease:** Pain, stress, anxiety, depression, and blood pressure.



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**RANDOM ACTS  
OF KINDNESS**

KOCH STUDENT CENTER  
TUESDAY, FEBRUARY 14  
11:00-1:00

Pick up a Be Kind button, Kindness Coupon, and information on the mental health benefits of kindness.

Brought to you by:

**active  
minds**  
Ivy Tech Community College

# Group Exercise Schedule January 31 - March 9

## Butts, Guts, & Guns

Tuesdays: 12:00 - 12:30

This class will incorporate a combination of leg, core, and arm exercises. A different music theme will be offered each week. Bring a water bottle.



## ChiChi Fit

Wednesdays: 12:00 - 12:30

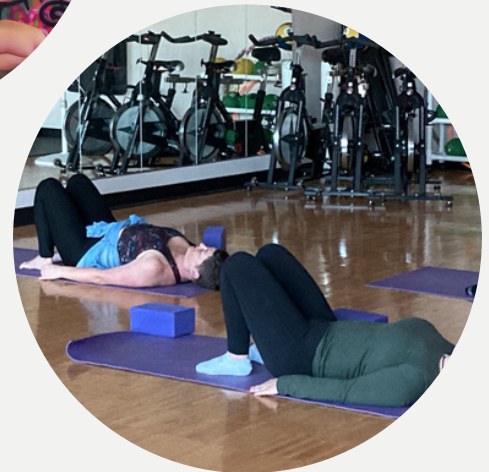
Sparkle, shine and dance to the tunes of your favorite musical theater hits. Be prepared to have a good time.



## Yoga

Thursdays: 12:30 - 1:00

Unwind by using a combination of physical postures, breathing techniques, and meditation. All levels welcome. Mats and props provided.



## Meet Our Wellness Champions

Sign Up

WILL YOU BE OUR NEXT

# Wellness Champion?

Looking for inspiring leaders to set a good example. Fill out the questionnaire to apply.

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# PRACTICE SAFE SEX

DON'T RISK GETTING SEXUALLY TRANSMITTED DISEASES.

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## HIV Clinic

Tuesday, February 14  
11:00 - 1:00  
Wellness Center, Room 142

HIV SCREENING INVOLVES A FINGER STICK FOR A RAPID ONE MINUTE TEST RESULT. FIRST COME, FIRST SERVED.



February



## AMERICAN HEART MONTH

Heart Disease is the leading cause of death in the United States.

### Protect Your Heart

- Don't smoke or use tobacco
- Get moving: Aim for at least 30 to 60 minutes of activity daily
- Eat a heart-healthy diet: DASH or Mediterranean diet
- Maintain a healthy weight
- Get good quality sleep
- Manage stress
- Get regular health screenings: Blood pressure, cholesterol. (Healthy BP: Less than 120/80)



National Wear  
Red Day  
Friday, February 3.

*Do your part,  
care for your heart!*

## HEART-HEALTHY SNACKING

- **Munchies that Crunch:** Apples, carrots, zucchini, broccoli, popcorn, rice cakes, nuts
- **Rethink Your Drink:** Try water or sparkling water, fat-free milk or soy milk, unsweetened tea or coffee, 100% fruit juice (in moderation), low sodium tomato juice
- **Snacks that Satisfy:** Whole-grain toast with peanut, almond or sunflower seed butter, cherry tomatoes with hummus, plain low-fat or fat-free yogurt (paired with fruit), fruit and veggie smoothie, whole grain crackers with canned tuna or salmon
- **Snacks to Curb Your Sweet Tooth:** Canned fruit in natural juice, thin slice of angel food cake or homemade banana-nut bread, baked apple, raisins, dates, figs, or other dried fruit, frozen banana dipped in nut butter, fresh fruit salad (add a little Cool Whip on top if you wish!)



*Valentine-Themed Workouts*

Valentine Dance Cardio

Valentine Decathlon

February Wellness Calendar



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FOR MORE INFO VISIT: