

Ivy Be Well & Fit

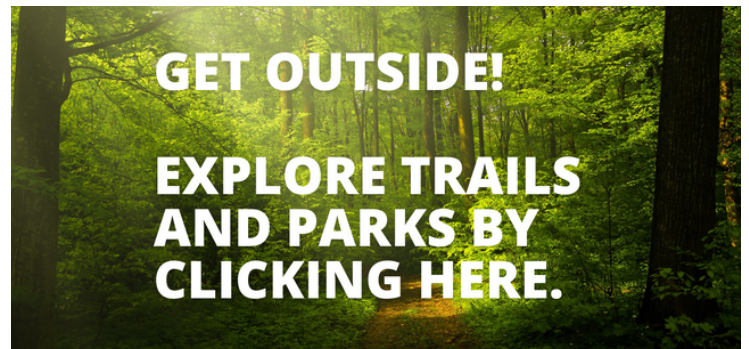
June is National Great Outdoors Month

Great Outdoors Month first started as a Great Outdoors Week under President Clinton in 1998. The main aim was to increase jobs and the GDP of the country by getting people to enjoy nature and appreciate it. The week went on to become so popular that for the next few decades, starting from President Bush's administration and continuing through President Obama's and Trump's administration, Great Outdoors Week was expanded to the whole month of June.

Summer means new exploration trips full of adventures. Whether you like trudging through thick green forests, going hiking on mountain trails, swimming in the cool waters of seas/rivers/lakes, or just sitting and gazing at the stars or clouds in the sky, nature has something for everyone.

WHAT'S IN THIS MONTH'S ISSUE:

- National Great Outdoors Month
- Win an Outdoor Gift Pack
- Tips for a Healthy Summer
- Summer Walking Challenge



Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can:

- Improve your mood
- Reduce feelings of stress or anger
- Help you take time out and feel more relaxed
- Improve your physical health
- Improve your confidence and self-esteem
- Help you be more active
- Help you meet and get to know new people
- Connect you to your local community
- Reduce loneliness
- Help you feel more connected to nature



You Can Win!



CLICK HERE AND ENTER TO WIN THIS OUTDOOR GIFT PACK!

Deadline to enter June 15, 2023

Register now!

www.ivytech.edu/wellandfit

Great Outdoors Month

Wellborn Foundation Wellness & Fitness Center

Summer Wellness Classes

June 13 - August 3

Fit & Fab & Fun

Tuesdays: 11:30 - 12:00

This class will incorporate exercises with body weight, exercise tools, and stretching, balancing, and relaxation exercises. We will meet outside sometimes, weather permitting. You will learn something new each week. All fitness levels welcome.

Walkie Talkies

Wednesdays: 11:30 - 12:15

Join us for walks and talks around campus and the neighborhood. This group will make at least two field trips to Market on Main, too.

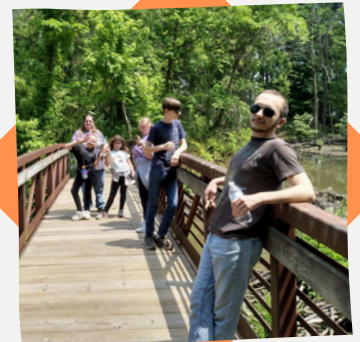
www.ivytech.edu/wellandfit
Facebook and Instagram: @ivytechwellandfit

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Tips for a Healthy Summer

- Serve seafood. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
- Enjoy summer fruits and veggies. With summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
- Hydrate often. The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal. Carry a water bottle with you as a reminder to stay hydrated.
- Eat healthy on vacation or at a picnic. Pack a cooler with ice, bottled water, sandwiches on whole grain breads, pita chips, hummus, yogurt and lots of fruit.
- Give your house a summer cleaning. To start, remove unhealthy foods from your home (so you're not tempted). While you're at it, stock your home or office with fruit, nuts, and other healthy snacks.
- Build a better burger. Create a healthier burger with whole wheat buns, lean meats, and delicious toppings like pineapple, tomatoes, mushrooms, and guacamole.
- Wear sunscreen. Remember to apply sunscreen before you and your kids head outside, and re-apply every few hours.
- Get active as a family. Plan fun activities with your kids that include exercise. Ride bikes together, walk the dog, and sign up for Ivy Tech's wellness incentive contests. That is a sure way to keep your family active all summer.
- Visit your local farmer's market. Instead of the grocery store, stock up on locally sourced produce and other fresh, healthy foods.

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June 16 - July 30, 2023

Summer Walking Challenge

Let's Walk For Health Together

- Register
- Pick a team
- Start walking
- Track it



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Register Now



It's BBQ time!!

Summer Cookout

BLACK BEAN VEGGIE BURGER

This recipe makes 6 thick patties.

Ingredients:

- 1 tablespoon ground flax + 3 tablespoons water (or 1 egg)
- 2 cans black beans, divided, drained and rinsed
- 1/4 cup diced red onion
- 1 canned chipotle pepper in adobo sauce, plus 2-3 teaspoons adobo sauce
- 2 minced garlic cloves
- 2 teaspoons cumin
- 1 teaspoon salt
- 2 tablespoons tomato sauce (or salsa)
- 1/2 cup Panko breadcrumbs
- 1/2 cup corn (fresh or frozen and defrosted)
- Avocado for topping
- Cooking spray or olive oil, or canola oil for frying patties

Instructions:

- In a small bowl, mix together the ground flax and water. Let sit for five minutes.
- Add one can of beans, onion, chipotle pepper, adobo sauce, garlic, cumin and salt to a food processor and pulse until mixture resembles chunky black bean dip.
- Transfer the mixture in the food processor to a large bowl and stir in the remaining black beans, tomato sauce, breadcrumbs, flax and corn. Stir well until everything is combined.
- Heat a little olive oil in a skillet on medium high heat. Form black bean mixture into patties and fry for about 8-12 minutes per side, until crispy and golden brown. The amount of cooking time will depend on your preference for crispiness on the outside of the burger.
- Serve patties on buns or in a salad or tortilla and topped with any favorite burger toppings, such as guacamole or avocado slices, tomato, lettuce, sliced red onion, salsa, ketchup, or mustard.



Meditation:
Guided Imagery (The Beach)

Home Workout Routine

June Wellness Calendar

FOR MORE INFO VISIT:



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