

# Ivy Be Well & Fit

## National Wellness Month

In August, we celebrate National Wellness Month, prioritizing your self-care, managing stress, and promoting healthy routines. There is no time like the present to create wholesome habits in your lifestyle and focus on self-care to feel like your best self!

We often put our health and wellness on the back burner due to work deadlines, school, family obligations and other life stressors. Research has shown self-care helps manage stress and promotes happiness and flourishing. For a happy and healthy life, it is important to focus on wellness and self-care. Wellness Month was born out of the idea that if we are going to do big things in the world— build our careers, raise a family, further our education, create new ideas, and nurture our bodies — we need to take care of ourselves.



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

- 31 Day Wellness Challenge
- Wellness in the Park
- Fall Wellness Classes
- Summer Walking Challenge Results

The concept of self-care encompasses various practices aimed at holistic well-being, including physical exercise, healthy eating, mindfulness, stress reduction techniques, and more. Self-care and wellness is a personal and subjective concept but the underlying idea of taking deliberate actions to care for oneself physically, mentally, and emotionally remains central.

National Wellness Month encourages people to prioritize self-care by taking a pledge to practice wellness, participating in the 31 Day Wellness Month challenge and encouraging others to do the same.

**August 2023**  
31-DAY WELLNESS MONTH CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CHOOSE WELLNESS & SHARE YOUR PLEDGE	2 TAKE A LONG RELAXING BATH OR SHOWER	3 SHARE YOUR FAVORITE BEAUTY TIP	4 TRY A NEW BEAUTY PRODUCT	5 TREAT YOURSELF TO A MANI/PEDI
6 SHOW YOUR LIPS SOME LOVE WITH A SCRUB	7 MASK MONDAY	8 TRY A NEW EYE TREATMENT	9 STATE YOUR MANTRA	10 NAME YOUR MANE/ HAIR CARE DAY	11 TRY A NEW FACIAL OR BODY DEO	12 GO ON A WELLNESS DATE WITH YOUR BESTIE
13 WATCH A DOCUMENTARY OR TED TALK	14 GET YOUR VITAMINS	15 GO TO THE GYM	16 TRY A NEW BREAKFAST	17 TAKE A WALK IN A PARK	18 TRY A NEW SKIN CARE PRODUCT	19 TAKE A POWER NAP
20 TREAT YOURSELF TO A SPA DAY	21 GO TO BED AN HOUR EARLY	22 GO TO BED AN HOUR EARLY	23 PRACTICE MEDITATION	24 TRY A NEW FITNESS ACTIVITY	25 LIGHT A CANDLE OR DIFFUSE SOME ESSENTIAL OIL	26 TAKE YOUR EXERCISE OUTDOORS
27 TRY SOMETHING OUT OF YOUR COMFORT ZONE	28 SHARE YOUR FAVORITE STRESS LESS TIP	29 TIDY UP YOUR PERSONAL SPACE	30 UNPLUG FOR AN HOUR	31 SHARE WHAT YOU'RE GRATEFUL FOR		

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TAKE THE PLEDGE. Download the "I Choose Wellness" card on [wellnessmonth.com](https://wellnessmonth.com) or make your own and snap a selfie.

GET SOCIAL. Post and share your wellness journey with friends.

USE HASHTAGS. #nationalwellnessmonth #wellnessmonth #livelovespa

5 Tag @livelovespa for a chance to be featured.

Register here

# WELLNESS IN THE PARK

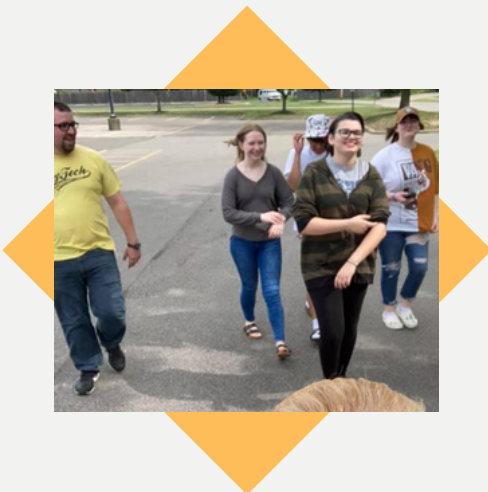
Join us for a picture-perfect day filled with fun activities, laughter, yummy snacks, and giveaways. There will also be an optional hike to the Master Gardeners Display Garden.

**SATURDAY, AUGUST 5  
10 AM - NOON**

**WESSELMAN PARK  
(ACROSS FROM PLAYGROUND)**



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# FALL Wellness Classes

**AUGUST 21 - OCTOBER 11**

### Meditation Monday

**Second and Fourth Mondays of the Month: 11:30 - 11:45**

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

### Total Body Strength

**Tuesdays: 11:30- 12:00**

Improve your strength and balance in this circuit training workout designed for all fitness levels.

### Walkie Talkies

**Wednesdays: 11:30- 12:00**

Join us in promoting social and physical wellness as we enjoy fun conversations while walking around campus and the neighborhood.



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[www.ivytech.edu/wellandfit](http://www.ivytech.edu/wellandfit)



*Inspiring!*

**2023 Summer Walking Challenge Team Results**

**First Place:** The Holy Walkamolies

**Second Place:** Sole Mates

**Third Place:** Walkaholics

**Fourth Place:** Happy Feet

**Winner of Fitbit:** Jordan Niemeier

**Gift Card Winners:** Lisa Bridgewater, Gail Lindsay, Stefany Loria,  
Brenda Weber, Connie Wells, and Lee Wolfe

**Top Walker:** Mary Mitchell



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*Way to go,  
Team Ivy!*

*Life's a peach!!*



**PEACHES & CREAM**

ONE PEACH, SLICED (PICK SOME UP FROM HENDERSON FARMERS MARKET OR MARKET ON MAIN)

DAIRY-FREE VANILLA YOGURT

CINNAMON SPRINKLES

CHOPPED WALNUTS



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**Park of the Month:**  
**Wesselman Woods**  
**Nature Preserve**

**August Wellness Calendar**



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FOR MORE INFO VISIT: