

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- National Hobby Month
- Spring Fitness Classes
- 2023: Year in Review
- Breakfast Recipe and More!

Hobbies: Part of Self-Care

January is National Hobby Month, the perfect time of year to pick up a new hobby, or get back into an old one that you haven't thought about in a while. The great thing about having a hobby is that it can take your mind off the pressure of work or school or other daily stresses. Sit down and think about what you really love to do. Consider what sparks passion in your life or what makes you curious.

Finding a good hobby and giving yourself time to take part in it on a daily or weekly basis is sure to make you happier, and maybe even healthier.

Great Hobbies to Try

- **Exercise 3-5 days a week.** This doesn't just have to involve a gym. Find an activity you enjoy - dancing, ice skating, intramural sports. When you look forward to doing it, you will stick with it longer.
- **Try gardening.** It stimulates your mind, involves a little physical activity, and it's rewarding. Research shows gardening can even help improve your mood, lower your risk of dementia, and relieve stress.
- **Cook at home more.** If you can learn to cook wholesome, nutritious meals for yourself and your family, you'll save money and have a healthier lifestyle.

Cooking can also be therapeutic in itself, and will allow you some alone time to create beautiful dishes.

- **Take up yoga or meditation.** No matter your age, gender, or level of physical fitness, yoga will increase your strength and flexibility. Yoga and meditation give people clarity, peace of mind, and are great stress relievers.
- **Adopt a pet.** Animals have been proven to improve mental health for many people. Research shows owning and bonding with a pet decreases the risk of depression, anxiety, and stress.
- **Volunteer.** Being a part of your community and lending a hand without getting paid in return has shown to incredibly improve mental health and give people a sense of fulfillment.
- **Read or write a book.** Picking up a good book, journaling, and blogging help clear your mind. They can temporarily take you to another place or time, allow you to express your thoughts freely, and even improve your vocabulary.
- **Finally... Travel!** Take a weekend to explore the great outdoors or a larger city to experience other cultures. Traveling helps shift your perspective, and can even help you discover yourself.



BODY AND MIND FITNESS CLASSES

SPRING 2024
Begins January 22

- Mondays Mindfulness Mondays 11:30 - 11:50**
Ease back into your week with meditation and light stretching.
- Tuesdays Walkie Talkies 11:30 - 12:00**
Peer-led walking group to improve mental and physical wellbeing.
- Wednesdays Functional Strength Training 11:30 - 12:00**
This class emphasizes functional movements, such as squats, lunges, pushing, pulling, and twisting, to improve everyday movement patterns and overall strength. Beginners are encouraged to attend.
- Thursdays Walkie Talkies 1:00 - 1:30**
Peer-led walking group to improve mental and physical wellbeing.
- Thursdays Pop-Up Fitness 11:30 - 12:00**
Stay tuned for pop-up classes incorporating indoor cycling, dance, and workouts with fun themes



PAWS 'N RELAX STUDENT TESTIMONIALS

Click Here



RELAXATION LOUNGE
FITNESS CENTER RM 142B

Need a space to take a break and relax?

OUR RELAXATION LOUNGE FEATURES

- A quiet, relaxing atmosphere where you can de-stress
- Reclining Massage Chair
- Foot massager
- Heated Massage Pillow
- Weighted Blanket
- Relaxation DVDs & CDs
- Wellness Resource Library
- Creativity Tools
- Mini Zen Garden
- Light Therapy
- Blood Pressure Monitor
- Yoga Mats, Props, and Resources
- And much more to aid you in creating peace

OPEN FOR USE DURING STAFFED FITNESS CENTER HOURS

— 2023 —

IN REVIEW

Click Here



Welborn Foundation
Wellness & Fitness Center

IVY TECH COMMUNITY FITNESS MEMBERSHIP

\$59 for Spring/Summer
semesters, plus \$5 key fob

Workout Programs :

- ✓ Cybex Weight Machines, Free Weights
- ✓ Cardio Equipment
- ✓ Group Exercise Classes
- ✓ Relaxation Lounge

REGISTER NOW

Contact Us :

- 812-429-0582
- www.ivytech.edu/wellandfit
- 3501 N. First Ave, Evansville
- Find us on social media: @ivytechwellandfit



*Workout with
family & friends*

*Start your day
out right!*

Overnight Oats

Blue eyes, luscious lips, sandy-blond hair . . . how about a hot date for breakfast?

- 1/2 cup old-fashioned oats
- 3 tbsp chia seeds
- 2 tsp cinnamon
- Dash of nutmeg and pumpkin spice
- 1 3/4-2 cup unsweet almond milk
- Drizzles of honey
- Mix it all together and put in a jar or container with a lid in the fridge for a minimum of 4 hours
- You can eat it cold in the morning but if you prefer it warm, you can zap it in the microwave after putting it in a bowl
- Then, add your toppings of fruit, cacao nibs, nuts, nut butter, etc.

Pictured here: Banana slices, cacao nibs, blueberries, green apple, and raspberries:



Welborn Foundation
Wellness & Fitness Center



January Wellness Calendar

Workout of the Month



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FOR MORE INFO VISIT: