

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- Self-Care Awareness Month
- Walking Group Schedule
- Walktober
- Park/Trail of the Month

Self-Care Awareness Month

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that.

Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily basis. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself, and saying yes or no... guilt-free.

Use the month of September to make self-care a part of your daily routine – practice being good to yourself. It can be as simple as a conscious breath in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show towards ourselves will manifest into a kinder world.

Show us how you take care of yourself by using the following hashtags when posting on your social media accounts: #SelfCareAwarenessMonth #selflove

More Self-Care Tips

August Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Center (812) 429-0582 www.ivytech.edu/wellandfit Follow us on Facebook and Instagram: @ivytechwellandfit Twitter: @ivytechwellness Click here: YouTube			988 SUICIDE & CRISIS LIFELINE	1 Fast Friday, 5:30 - 9:00, Harris' Corner	2 Front Pouch Fest, Harris' Corner, 6:00pm	
3 Spend time in nature today-go for a walk or have a picnic lunch	4 LABOR DAY Fitness Center Closed Intramural Labor Day Run, 8:00	5 Total Body Strength, 11:00 Fitness Center Open Registration 9:00-	6 Walkie Talks, 11:00 (Fitness Center) Market on Main, 9:00 - 1:00	7 Open Meet 6:00pm	8 Go apple picking at Country side Orchard	9 Walkie Talks, 9:00am, Woodlawn Park (Meet at play ground)
10 Get a massage today-ask your school counselor, parent, friend, or sibling	11 Walk in the garden on campus	12 Total Body Strength, 11:00	13 Walkie Talks, 11:00 (Fitness Center) Market on Main, 9:00 - 1:00	14 Walkie Talks, 11:00 (Fitness Center)	15 Walkie Talks, 11:00 (Fitness Center) Market on Main, 9:00 - 1:00	16 Walkie Talks, 11:00 (Fitness Center) Market on Main, 9:00 - 1:00
17 Have a picnic in nature	18 Walk in the garden on campus	19 No Total Body Strength today	20 Walkie Talks, 11:00 (Fitness Center) Market on Main, 9:00 - 1:00	21	22 Meet a friend for a walk downtown, Harris' Corner, have a cup of tea.	23 Nashkin Run/Walk, 8:30, Fayetteville Funk in the City, Harris' Corner, 10am-5pm
24	25 No Mediation Monday today	26 Total Body Strength, 11:00	27 Walkie Talks, 11:00 (Fitness Center)	28 Walkie Talks, 11:00am, Sunset Harvest (Please register)	29 Try a new fruit or vegetable today	30 Evanville Hall Marathon, 7:00am Opening Night of Fallharmony, 7pm



Walkie Talkies

Improving mental and physical wellbeing with fun conversation and exercise.

Every Wednesday at 11:30 a.m. on the Ivy Tech Evansville Campus. And, on the following dates:

Wednesday, August 16, 6:00 p.m.
Pigeon Creek Greenway starting at Ohio Street Park and walking the Industrial Corridor (about 2.5 miles)

Thursday, August 24, 5:30 p.m.
Stroll through the Vann Park neighborhood then attend Music in the Park at 6:00 p.m. Enjoy a live band and food trucks until 8:00 p.m. (Bring a lawn chair.)

Saturday, September 9, 9:00 a.m.
From Wesselman Park playground, walk round-trip to Master Gardeners Display Garden at State Hospital Park. Approx. 2 miles.

Thursday, September 28, 5:45 p.m.
Seton Harvest hour-long walking tour. Free. Register online at <https://cvent.me/R14ZmQ>

Saturday, October 7, 10:00 a.m.
Meet at USI Broadway Recreation Complex and walk the 2-mile Burdette Trail loop around campus

Thursday, October 19, 5:00 p.m.
Walk the trails at Northwoods (behind old Lloyd Pool)

Saturday, November 11, 10:00 a.m.
Walk the Greenway from Garvin Park to Stringtown Road and back (about 3 miles)

Register here



Questions? Contact alutzel@ivytech.edu or ldavis207@ivytech.edu

Lamkin Center for Student and Learning Success



Welborn Foundation
Wellness & Fitness Center

@ivytechwellandfit



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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Walktober

October 1 - 31

- REGISTER ONLINE
- TRACK YOUR WALKS ON THE BULLETIN BOARD IN THE HALLWAY.
- ONE MILE EQUALS ONE HASH MARK
- TOP 5 PEOPLE WITH THE MOST HASHMARKS WIN GIFT CARDS
- ALL PARTICIPANTS ELIGIBLE FOR RANDOM DRAWINGS: FITBIT, T-SHIRTS, AND BACKPACKS



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Register here!



Fall Snack Attack

Apple Cinnamon Bliss Balls



- 1 cup old-fashioned or gluten-free oats
- 2 tablespoons flaxseed meal (or you can use almond flour)
- 1 tbsp. sliced almonds
- 1/4 teaspoon cinnamon
- Pinch of nutmeg
- 1/4 cup regular applesauce
- 1/2 tablespoon pure maple syrup
- 1/4 cup almond butter
- 1 teaspoon chia seeds (optional)
- Mix all the ingredients in a bowl then roll into balls
- Refrigerate for at least an hour



An apple a day keeps the doctor away.



FOR MORE INFO VISIT:

Park of the Month:
Howell Wetlands

Weight Equipment Demos



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