

Ivy Be Well & Fit

National Great Outdoors Month

National Great Outdoors Month in June reminds us to explore our nation's abundant wildlife refuges, parks, and natural beauty. Whether we hike or bike the trails, kayak or canoe the many rivers and canyons, or pitch a tent in the forest or on a hillside, taking part in natural settings can improve our physical and mental health.

No matter our preferred mode of enjoying the great outdoors - hiking, biking, kayaking to name a few - nature is calling. Pursue the beauty and majesty of the big skies and open spaces the outdoors offers.

This month also raises awareness of the accessibility of the great outdoors. Depending on where we live, sometimes reaching nature is more difficult. Many cities create relaxing and vibrant green spaces with trails and paths designed for easy access by the community. However, in some inner-city neighborhoods, access to parks or the ability to get outside the city to visit State or National Parks is difficult.

National Great Outdoors Month is an excellent time to consider making access possible.

Observing Great Outdoors Month

Visit a State or National Park. Volunteer in a park setting. Take an outdoor photography class. Learn how to identify birds and go birding. Share your enthusiasm for nature with a group of students and take them on a nature hike. Sign up to participate in Passport to Wellness.

WHAT'S IN THIS MONTH'S ISSUE:

- National Great Outdoors Month
- Passport to Wellness
- Explore Trails and Parks. Gardening Tips, and More!

HOW NATURE SUPPORTS YOUR MENTAL HEALTH

- Spending just 20 to 30 minutes outside reduces the stress hormone cortisol.
- Exposure to natural light can improve mood and reduce depression symptoms.
- Interacting with nature can improve attention and memory by up to 20%.
- Being physically active can reduce the risk of mental health disorders.
- Bring a friend. Group nature walks can significantly reduce depression and stress.

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Explore Trails & Parks

Why don't we step
OUTSIDE?

ADOPT THE PACE OF
NATURE. HER SECRET IS
PATIENCE.

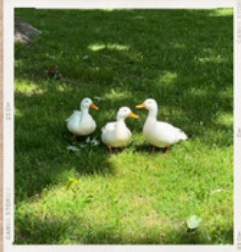
Ralph Waldo Emerson



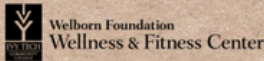
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Sign up! Passport to Wellness

June 10-July 28, 2024



Travel around the Tri-State and visit key wellness locations to earn a prize!
Get your passport from the wellness center on June 10.
Register Online!



Register here

LET'S GO WALKING

Wednesday, June 19, 6:30 pm

Meet at Sunset Skate Park along the Evansville Riverfront for a walk along the Greenway. Wheelchairs welcome. Invite your friends. Please register online.



Spring Wellness in the Park



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Gardening for Beginners



CHOOSING A PLANTING LOCATION

- 1 Start small. It's better to be proud of a small garden than be frustrated by a big one!
- 2 Know your zone for what plants will thrive near you!
- 3 Growing season starts around April in Southern IN, so get planting!
- 4 Make sure to place your veggies where they'll get 6-8 hours of sunlight per day!



ADVANCED TIPS

- 1 Stay on top of weeding, which is best done by hand. Get a green thumb!
- 2 Remember: soil quality is more important than fertilizer.
- 3 Don't send your fall leaves away! Instead, chop them up and use them as compost ingredients.
- 4 Place your garden in a part of your yard where you'll see it regularly so you won't forget to take care of it!
- 5 Don't forget to enjoy your garden! Create a seating area where you can read or eat with friends and family. Hang bird feeders so you can watch their antics.



Eat from the Garden



ROASTED ITALIAN VEGETABLE MEDLEY

Ingredients:

- 2 small zucchini, cut into coins and then sliced in half
- 2 small yellow squash, cut into coins and then sliced in half
- 12 oz cherry tomatoes (or any small tomato), sliced into halves
- 1 orange pepper, sliced
- 2 tbsp extra virgin olive oil
- 2 tsp Italian seasoning
- Salt, pepper, and onion powder to taste
- 1/3 cup freshly grated Parmesan cheese (or more to taste)

Optional: Dice up some red pepper to mix in

Instructions:

- Step 1**
Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper or aluminum foil (Optional: Just makes for easier clean up)
- Step 2**
In a large bowl toss the zucchini, squash, orange pepper and tomatoes with the olive oil, Italian seasoning, and salt and pepper.
- Step 3**
Pour onto the baking dish and spread into an even layer.
- Step 4**
Roast for 15 minutes, sprinkle parmesan evenly on top, then roast for an additional 10 minutes.



Healthy Snacks and Treats

June Wellness Calendar

Workout of the Month



FOR MORE INFO VISIT:



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