

Try Be Well & Fit

Intellectual Wellness

Since August is back to school month, we are focusing on intellectual wellness, one of the nine areas of wellness. Intellectual wellness is being open to new ideas, being creative, thinking critically, and seeking out new challenges.

Intellectual wellness is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others.

An intellectually well person:

- Cherishes mental growth and stimulation
- Is involved in intellectual and cultural activities
- Is engaged in the exploration of new ideas and understandings

Are you engaged in the process of intellectual wellness?

- Am I open to new ideas?
- Do I seek personal growth by learning new skills?
- Do I search for lifelong learning opportunities and stimulating mental activities?
- Do I look for ways to use creativity?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your intellectual wellness.

WHAT'S IN THIS MONTH'S ISSUE:

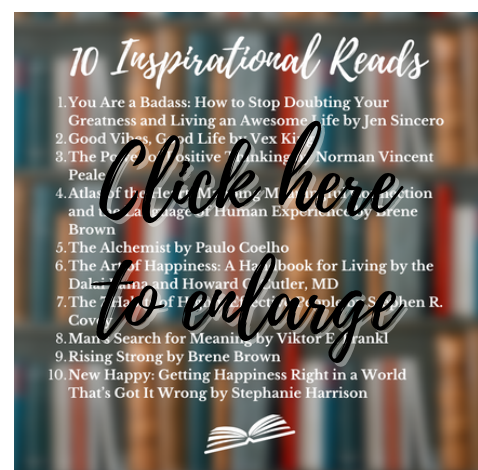
- Intellectual Wellness
- Wellness in the Park
- Strength Training Basics, Healthy Recipes, and more!

Simple Steps to Increase Your Intellectual Wellness

- Read for fun.
- Debate an issue with a friend, but choose the viewpoint opposite the one you hold.
- Improve your skills for studying and learning.
- Learning new things about the way your mind processes information can be a vital tool to helping you succeed.
- Learn a foreign language.
- Play a game.
- Play a musical instrument.
- Write down your thoughts or journal frequently.
- Do crossword or sudoku puzzles.

Benefits of Intellectual Wellness

- Improved emotional stability
- Heightened problem-solving skill
- A raised sense of curiosity
- Increased job performance
- Set a good example for your family
- Critical understanding of personal values
- Greater self confidence
- Desire to learn about the world around you



Sign up!

Wellness in the Park

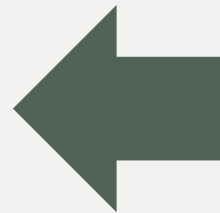
SATURDAY, AUGUST 3
10:00 - 12:00
BURDETTE PARK

JOIN US FOR YARD GAMES, WIFFLE BALL, KICKBALL, VOLLEYBALL, FISHING, WATER GUN FIGHTS, ARTS & CRAFTS, KICKBOXING WITH VELOCITY FITNESS, SWIMMING, AND MORE.

Swimming is at your own expense.

Welborn Foundation
Wellness & Fitness Center

Join us for Wellness in the Park as we kick off *National Wellness Month*. The purpose of this month is to promote self-care, stress management, and healthy routines to improve overall health and wellness.



Click here for Zen

STRENGTH TRAINING BASICS

Sign up!

Wednesday, September 11

12:00 - 1:00



Fitness Center Group Exercise Room

- Learn the benefits of strength training
- How to get started
- Complete a full body circuit workout

Register by e-mailing alutzel@ivytech.edu.



Welborn Foundation
Wellness & Fitness Center



EXPLORE THE TRAILS

• **PIGEON CREEK GREENWAY**
RUNS FROM STRINGTOWN ROAD TO SUNSET PARK
6.75 MILES LONG

• **USI-BURDETTE TRAIL**
TRAIL BEGINS AT UNIVERSITY BOULEVARD BETWEEN THE
PAC AND RFW CENTER AND ENDS AT O'DAY DISCOVERY
LODGE AT BURDETTE PARK
3 MILES LONG

• **NEWBURGH RIVERTOWN TRAIL**
RUNS FROM THE OLD FIRE STATION TO THE NEW
NEWBURGH LOCK AND DAM
APPROXIMATELY 3 MILES LONG

• **WALNUT TRAIL**
RUNS FROM HWY 41 TO VANN AVE
APPROX. .75 MILES

• **HIGH-RAIL TRAIL**
RUNS ALONG HWY 41 FROM RIVERSIDE TO WALNUT
CONNECTING TO THE OAKHILL MULTI-USE TRAIL THAT
BEGINS AT WALNUT STREET (EAST OF HIGHWAY 41) AND
ENDS AT EAST VIRGINIA STREET
2.75 MILES

FOR A COMPLETE LIST OF WALKING PATHS IN
THE EVANSVILLE AREA, VISIT WALKBIKEEVV.ORG

If you're walking down
the right path and
you're willing to keep
walking, eventually
you'll make progress.

Barack Obama

Avocado Chicken Salad

Ingredients:

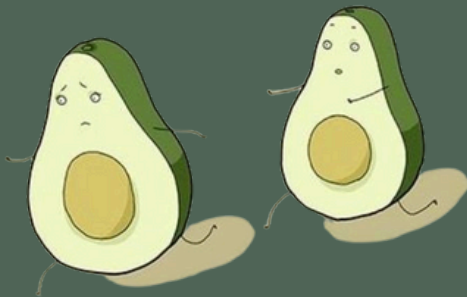
- ✓ 2 cups of shredded grilled chicken breast
- ✓ 1 avocado
- ✓ 1/2 tsp garlic powder
- ✓ 1/4 tsp salt
- ✓ 1/2 tsp pepper
- ✓ 2 tsp fresh lime juice
- ✓ 1 tsp fresh cilantro
- ✓ 2 tbsp light mayo
- ✓ 1/4 cup plain Greek yogurt

- Mix all ingredients together in a large bowl. Cover and refrigerate for at least 20-30 minutes to let all those yummy flavors blend together.
- Serve on your favorite bread, crackers, pita or on a bed of spinach.



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I SAID YOU'RE
THE GOOD KIND
OF FAT!



FOR MORE INFO VISIT:

Best Brain Games for a
Sharp Mind

August Wellness Calendar

Healthy Breakfast Recipes



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