

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- Physical Wellness
- Self Care Awareness Month Challenge
- Strength Training Basics, Healthy Recipes, and more!

Physical Wellness

Among the nine areas of wellness, Physical Wellness is the area most people think of when it comes to being well.

Why is Physical Wellness Important?

Physical Wellness encourages us to care for our bodies through physical activity, proper nutrition, and a strong mind.

Physical Activity

Being physically active is crucial to keeping your body in its top condition. A few proven benefits of physical activity are strengthened bones and muscles, reduced risk of disease and stroke, and more energy.

Nutrition

It is important to nurture your body by eating a well-balanced diet. Filling yourself with a variety of nutrients and vitamins will help prevent illness and keep your body functioning at its best.

Mental Well-Being

Having optimal levels of physical activity, maintaining proper nutrition, and managing stress are key to improving your overall emotional wellness. Not only will you sharpen your thinking and learning abilities, you will also enhance your sense of self-esteem and self-control.

The Route to Physical Wellness

- Engage in physical activity everyday for 30 minutes. You may break up your daily 30 minutes into 10-minute bouts.
- Use stairs instead of the elevator or escalator and walk whenever possible.
- Learn to recognize warning signs when your body begins feeling ill.
- Eat a variety of healthy foods and control your meal portions.
- Maintain a regular sleep schedule and get between 7-9 hours of sleep each night.
- Practice safe sex.

Are you engaged in the process of physical wellness?

- Do I know important health numbers, like my cholesterol, weight, blood pressure, and blood sugar levels?
- Do I get annual physical exams?
- Do I avoid using tobacco products?
- Do I get a sufficient amount of sleep?
- Do I have an established exercise routine?

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

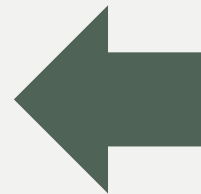


Self-Care Challenge

Drink More Water	Take A Relaxing Bath	Set Goals For The Next Month	Read A Book
Learn A New Hobby	Find A New Podcast To Listen to	Write Out A Bucket List	Do 30 Minutes Of Yoga
Disconnect From Social Media For One Day	Celebrate A Small Win From The Day	Get 8 Hours Of Sleep	Wear Your Favorite Comfy Outfit All day

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National Self-Care Awareness Month is celebrated in September. It's time to take stock of how we are caring for ourselves. Self-care is important for physical and mental health and can benefit everyone. It's not about being self-centered, but rather about focusing on yourself and paying attention to how you feel. After all, you can't pour from an empty cup. Complete at least four squares to win a backpack or water bottle.



"It's not a rash, it's moss. You need to start being more active than a tree."

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



BODY & MIND FITNESS CLASSES

Mondays Mindfulness Mondays 11:30

Ease into your week with meditation and light stretching.

Tuesdays Walkie Talkies 11:30

Peer-led walking group to improve mental and physical wellbeing.

Wednesdays Work It Circuit 11:30

This class includes a full body workout consisting of squats, lunges, pushing, pulling to improve everyday movement patterns and overall strength. Beginners are welcome.



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Exercise is therapy

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.*

Learn how to use our
weight machines

September Wellness Calendar

Satisfy Your Sweet Tooth with
these Recipes



FOR MORE INFO VISIT:



Welborn Foundation
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