

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- Passport to Wellness
- Group Exercise Schedule
- Hydration Bingo
- Summer Nutrition Tips

BE WELL AND WIN

Passport to Wellness is a summer program designed to get you healthy by visiting local outdoor attractions during the summer months. You must complete your visits between June 13 and July 23, 2022. That will allow you plenty of time to visit many of these places.

Your family and friends are encouraged to join you on these outings, so take time and have fun with the people you love this summer all while utilizing some of the Evansville area's best outdoor attractions. The passport is your ticket to prizes at the end of the summer including a chance to win tickets to Holiday World. For details and to register, visit our web page at [Passport to Wellness Registration](#)



Passport to Wellness

June 13 - July 23, 2022

SUMMER CLASSES

Core and Stretch

10 min of core, 10 min of stretching

May 18 - June 22

Wednesdays, 12:00 - 12:20

Butts & Guts

June 29 - August 3

Wednesdays, 12:00 - 12:20

Yoga

May 18 - August 11

Thursdays, 9:00 - 9:50

SAVE THE DATE

Wellness in the Park

Garvin Park

Saturday, July 16, 10:00 - noon

(Rain date: July 23)



Welborn Foundation
Wellness & Fitness Center

Stay hydrated this summer

Complete at least 10 squares, then turn in BINGO card by July 1 to be eligible for a prize.

JUNE 1 - 30

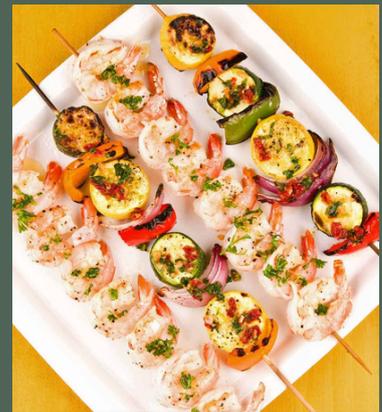
<p>Eat some celery today. (95% water)</p> 	<p>Track how much water you drink today.</p>	<p>Keep a reusable water bottle with you all day.</p>	<p>Try herbal tea (hot or cold)</p>	<p>Set a reminder to drink water each hour.</p>
<p>Drink 8 oz of water before every meal today.</p>	<p>Eat a cup of watermelon (92% water)</p> 	<p>Drink 8 oz of water first thing.</p>	<p>Drink 8 oz of water while waiting for coffee/tea to brew.</p>	<p>Drink 8 cups of water on two separate days.</p>
<p>Eat bell peppers (92% water and high vitamin C)</p>	<p>Car ride? Fill bottle and finish before returning home.</p>	<p>Spread it out: half your water for the day before lunch.</p> 	<p>Share your best tips on how you stay hydrated.</p>	<p>DIY zucchini noodles (95% water)</p>
<p>Choose water over soda all day.</p>	<p>Share your fruit-infused recipe on social media and tag us.</p>	<p>Track how much water you drink today.</p>	<p>Flavor water with cucumber.</p> 	<p>Unused strawberry tops? Use to flavor your water. (Clean them well first.)</p>
<p>Choose sparkling water over soda.</p>	<p>Drink lemon infused water. (Clean lemon peel well.)</p>	<p>Hit your daily water goal before sitting down to watch TV.</p>	<p>Add a 1/2 cucumber to your snack.</p>	<p>Eat a half grapefruit (91% water).</p> 



Tips for a Healthy Summer

Summer weekends at the lake, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below:

- Drink green tea instead of sweet tea.
- Serve seafood like grilled shrimp and veggie kabobs.
- Don't skip breakfast.
- Enjoy summer fruits and veggies.
- Bring healthy snacks to work.
- Hydrate often.
- Cook healthy meals with family and friends.
- Downsize your dinnerware.
- Recover with a post-workout shake.
- Pre-plan your meals.
- Eat healthy on vacation or at a picnic.
- Build a better burger with veggies.
- Visit your local farmer's market.



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FOR MORE VISIT: <https://www.ivytech.edu/evansville>