

# Ivy Be Well & Fit

## WHAT'S IN THIS MONTH'S ISSUE:

- National Great Outdoors Month
- National Parks Fitness Challenge
- Summer Hikes
- Music in the Park, and more!

## Celebrate National Great Outdoors Month!

June is National Great Outdoors Month, the perfect time to step outside, recharge, and reconnect with nature. Originally established by presidential proclamation in 1998, this nationwide celebration encourages everyone to explore the beauty of public lands and enjoy the many benefits of outdoor recreation.

Spending time outdoors isn't just refreshing—it's good for you! Whether it's hiking a trail, walking around your neighborhood, or stretching under the sun, even a few minutes in nature can lower stress, boost your mood, and support your physical health.

This year, we're celebrating in a big way with the National Parks Fitness Challenge—our summer-long virtual wellness journey through some of the most iconic national parks in the country. As you log your workouts, you'll be "traveling" from Rocky Mountain National Park to the Grand Canyon, all the way back to Colorado's Great Sand Dunes.

### Why It Matters:

- ✓ Supports physical and mental wellness
- ✓ Encourages environmental appreciation
- ✓ Promotes inclusive access to green spaces

- ✓ Provides a fun, free way to stay active

### How You Can Celebrate:

🌲 Join the National Parks Fitness Challenge (June 9 – August 4)

📍 Track your workouts in [Strava](#) and follow the Ivy Tech Wellness Center

🌿 Participate in outdoor activities—walks, hikes, or group fitness. (While we encourage outdoor activities, it's ok to submit workouts done at a fitness facility.)

📸 Post your progress or outdoor adventures in our [Facebook group](#)

🎁 Complete your weekly exercise goals to be eligible for fun giveaways, including t-shirts, backpacks, and the GRAND PRIZE—gift cards to local establishments!

- Special events like National Trails Day (June 1) and National Get Outdoors Day (June 8) offer even more opportunities to get moving before the challenge officially begins.

Let this month inspire you to breathe in the fresh air, try something new, and appreciate the incredible outdoor spaces around us. Whether it's five minutes or five miles—every step outside counts.

## STEP INTO SUMMER: NATIONAL PARKS ★★★★★★★ FITNESS CHALLENGE

June 9 - August 4, 2025

**Every minute of exercise  
takes you closer to  
America's Natural Wonders!**

**Register here:**



Welborn Foundation  
Wellness & Fitness Center

## Wellness in the Park



## Paws 'N Relax



## June is Men's Health Month

Men's Health Month is dedicated to highlighting preventable health issues and encouraging men and boys to take steps toward healthier lives. The goal is to promote early detection, regular checkups, and lifestyle habits that support both physical and mental wellness.

Many men are less likely to seek routine care or talk openly about health concerns. This month is a reminder to prioritize health—from heart and prostate screenings to managing stress and staying active.



Welborn Foundation  
Wellness & Fitness Center

## Summer Hikes

### National Trails Day—Twilight Hike

Saturday, June 7, 7:30pm  
Meet at Warbler Road trailhead  
Tekoppel Ave. by the  
Welcome Center  
(Hosted by John James Audubon  
State Park)

### Howell Wetlands

Saturday, July 12, 9:00 am  
Meet at Parking lot, 1400 S.  
(Hosted by Evansville Trails  
Coalition)

### Greenway at Riverfront

Saturday, June 14, 9:00 am  
Meet at Water Dept. Pump station,  
1200 Waterworks Rd.  
(Hosted by Evansville Trails Coalition)

### Audubon the Naturalist Guided

Saturday, July 12, 11:00 am  
(Hosted by John James Audubon  
State Park)

### Wilderness Weekend

June 28-29, 9:00 am-5:00 pm  
July 26-27, 9:00 am-5:00 pm  
Enjoy over four miles of trails  
Open free the last weekend  
of each month  
(Hosted by Wesselman Woods)





# Music in the Park

Free family-friendly concert series



Enjoy live music and food trucks  
hosted by the Evansville Parks Foundation.  
Bring your picnic blankets, lawn chairs  
and enjoy this free event.

6:00-8:00 pm

June 5 at Akin Park

June 19 at Franklin Street Library Park

July 10 at Lorraine Park & Pool

July 24 at Howell Park

Aug 7 at Vann Park

Aug 21 at Garvin Park



EVANSVILLE  
PARKS  
FOUNDATION



## PEACHES & CREAM

ONE PEACH, SLICED (PICK SOME UP FROM HENDERSON FARMERS  
MARKET OR MARKET ON MAIN)

DAIRY-FREE VANILLA YOGURT

CINNAMON SPRINKLES

CHOPPED WALNUTS



Welborn Foundation  
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FOR MORE INFO VISIT:

June Wellness Calendar

Body & Mind Fitness Classes

Explore Tri-State Trails & Parks

Local Farmer's Markets



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