

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

It's Stress Awareness Month:

- Gardening Tips
- Stress Relief BINGO
- Relaxation Exercise
- And more . . .

Gardening for Beginners

Thinking of growing your own garden. Now, is the time to start planning.

Choosing a Planting Location

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

Advanced Tips

- Stay on top of weeding, which is best done by hand. Get a green thumb.
- Remember: soil quality is more important than fertilizer.
- Most ground plants need 1 to 2 inches of water per week. Water deeply. Push a finger an inch down into the soil. If it's dry, it's time to water.
- Don't send your fall leaves away! Instead, chop them up and use them as compost ingredients.

- 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.
- 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.



Sign Up to Volunteer

Please join us in
Gloria's Garden

Gloria's Garden was named after the former Wellness Director, Gloria Schwartz, who started the Welborn Foundation Wellness and Fitness Center at Ivy Tech. The garden is located across the north parking lot in between the two houses. The garden will grow produce and will host a Monarch Way Station.

Volunteers are critical for the garden's success. If you're interested in volunteering, please contact Amy Lutzel in Room 142C or e-mail her at alutzel@ivytech.edu.



Click here

Stress Relief BINGO

Complete six squares and win! Turn in your completed Bingo card by April 14.

 Attend a yoga class	 Take a hot bubble bath	 Go for a walk outside
 Cuddle with a pet	 Spend 10 minutes meditating	 Watch a comedy
 Have coffee or tea w/ a friend	 Keep a journal	 Color or paint something

 Welborn Foundation
Wellness & Fitness Center

Group Exercise Schedule March 21 - May 4

Work It Circuit

Tuesdays: 12:00 - 12:30

You will get a full-body workout by moving around to different stations.

ChiChi Fit

Wednesdays: 12:00 - 12:30

Dance to your favorite musical show tunes. So much fun, it doesn't seem like exercise.

AB-undantly Abs

Thursdays, 12:00 - 12:15

Work on building up your core muscles.

Yoga

Thursdays: 12:30 - 1:00

Relax, breathe, and unwind.

Wellness & Resource Fair

Wednesday, April 19
10:00 - 1:00
Koch Student Center

JOIN US FOR OUR ANNUAL WELLNESS & RESOURCE FAIR WITH OVER 40 VENDORS FROM THE AREA!

- Free chair massages by Ivy Tech Massage Therapy students
- Free cholesterol & glucose screenings by medical assisting students
- Nursing students supplying information on various health topics

OPEN TO THE COMMUNITY!

 **IVY TECH**
COMMUNITY COLLEGE



TOUR DE DEUTSCHLAND

VIRTUALLY BIKE THROUGH GERMANY AS PART OF NATIONAL BIKE MONTH
AND STUDY ABROAD AND WIN A TOUR DE DEUTSCHLAND T-SHIRT!

Win a shirt!



Wednesday, May 3

11:00 - 1:00

Koch Student Center

Register Online

*Coming in May
Register now!*



*The Easter Bunny's
favorite snack.*

Greek Yogurt Deviled Eggs

Ingredients:

- Hard-boiled eggs: You'll want the yolks well-cooked. So if using this recipe for how to make hard-boiled eggs, leave the eggs in the hot water for 12 minutes.
- Greek yogurt: It's best to use plain whole-milk Greek yogurt. Don't use low-fat yogurt in this recipe.
- Dijon mustard: This French mustard is creamier and less vinegary than yellow mustard and way tastier too.
- To season: use salt, pepper, smoked paprika, and cayenne pepper.

Instructions:

- You start by cutting each egg in half lengthwise. Remove the yolks into a small bowl and arrange the whites on a serving plate.
- Now, use a fork to mash the egg yolks, then mix in the yogurt, mustard, and spices. Mix until smooth.
- Spoon the mixture back into the egg whites and sprinkle some more smoked paprika on top to make them look prettier. That's it! Wasn't that easy?



Workout of the Month

Relaxation Exercise

April Wellness Calendar

FOR MORE INFO VISIT:



Welborn Foundation
Wellness & Fitness Center