



Ivy Be
Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- Creative Wellness
- Planksgiving: Give Thanks & Planks
- Filling Your Cup, Gratitude Meditation, and more!

Creative Wellness

The creatively well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world. Some examples of arts and culture include poetry, novels, short stories, writing/journaling, music, dance and theater, drawing, painting, photography, ceramics, sculpting, and architecture.

Creative expression has a powerful impact on health and well-being on various populations. Most studies concur that participation and/or engagement in the arts have a variety of outcomes including a decrease in depressive symptoms, an increase in positive emotions, reduction in stress responses, and, in some cases, even improvements in immune system functioning.

Visual art therapy, for example, is trending toward many of these health gains and more. Even engagement in the arts as a viewer can have an impact, but if you really want to benefit from the arts for wellness, studies continue to show that your active participation is the best bet.

Self-Soothe Through Creativity

- Learn how to play a musical instrument
- Take a dance class (e.g. ballroom, belly or line dancing)
- Take an arts and crafts or painting class
- Take up photography as a hobby
- Read or write poetry
- Take a creative writing course
- Keep a gratitude journal
- Attend a Broadway play, musical, ballet or concert
- Host a painting or coloring party with your friends/family
- Learn a foreign language
- Travel abroad or to a large city to explore other cultures
- Be creative by coming up with your own way of self-soothing!

To practice any art,
no matter how well
or badly, is a way
to make your soul grow.
So do it.

- Kurt Vonnegut



Planksgiving

30 Days of Planks and Thanks

November 1 - 30

1. Planks will improve your posture.
2. Planks help protect your back from injury.
3. Planks are convenient. You can do them anywhere.

Pick up a planking calendar on the table outside the fitness center or on the wellness bulletin board. You may choose any type of plank you wish. Please initial next to each day/duration you plank. Write your name at the top and turn in by December 1. You must plank for a minimum of 15 nonconsecutive days to be eligible for a prize. For anyone who does their Day 30 plank in front of the fitness center staff or shares a video doing their final plank will be eligible for a larger prize.



WV TECH
Wellborn Foundation
Wellness & Fitness Center

Planksgiving Calendar

Wellborn Foundation
Wellness & Fitness Center

As you're planking each day, we want you to think about one thing you're thankful for. Write it down when you're finished and put it in a jar or in a journal so you can go back and read them later.

Planksgiving
30 Days of Planks and Thanks

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
2	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
3	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
4	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
5	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
6	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
7	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
8	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
9	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
10	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
11	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
12	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
13	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
14	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
15	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
16	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
17	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
18	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
19	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
20	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
21	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
22	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
23	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
24	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
25	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
26	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
27	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
28	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
29	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec
30	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec	B = 20 sec I = 35 sec E = 30 sec

You may choose any type of plank you wish: front, side, modified (on knees), etc. Please initial next to each day/duration you plank. Write your name at the top and turn in by December 1. You must plank for a minimum of 15 nonconsecutive days to be eligible for a prize. For anyone who does their Day 30 plank in front of the fitness center staff or shares a video doing their final plank will be eligible for a larger prize.

GRATITUDE JOURNAL

DATE: _____ S M T W T F S

TODAY I'M GRATEFUL FOR

WATER INTAKE

○○○○○ 1L ○○○○ 2L ○○○○ 3L

WEATHER

NO REMINDERS

SOMETHING I'M PROUD OF

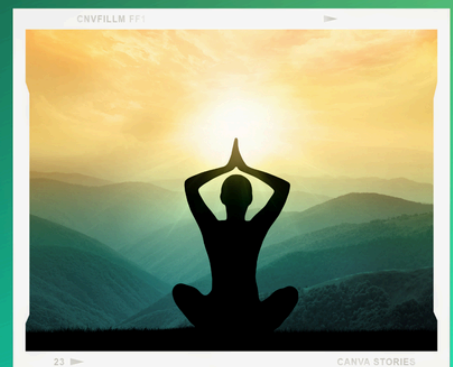
TOMORROW I LOOK FORWARD TO

Click here to print form



Gratitude Meditation

Monday, November 25 11:30 am
Wellness Center Group Exercise Room



FILLING YOUR CUP

Replenishing your mental, emotional, and physical energy by implementing self-care and healthy coping skills.

Tuesday, November 5

12:00 - 1:00

Lamkin Center, Rm 228

RSVP to alutzel@ivytech.edu



Welborn Foundation
Wellness & Fitness Center



Spicy Sweet Roasted Sweet Potatoes

Sweet potatoes are a rich source of fiber as well as contain a good array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most B vitamins, vitamin C, and the anti-oxidant beta-carotene. Spicy-Sweet Roasted Sweet Potatoes are an easy side dish to prepare.

Ingredients:

- 3 large sweet potatoes, peeled and cut into 1/2-inch pieces
- 3 tbsp. extra virgin olive oil
- 1 tbsp. packed light brown sugar
- 3/4 tsp sea salt
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp cayenne pepper
- 1/4 tsp black pepper



1. Preheat oven to 425 degrees
2. Place the sweet potato chunks into a large mixing bowl. Drizzle with the olive oil, then sprinkle the brown sugar, paprika, black pepper, sea salt, onion powder, garlic powder, paprika, cumin, and cayenne pepper overtop. Toss until the potatoes are evenly coated with the seasoning. Spread onto a baking sheet.
3. Bake in preheated oven for 15 minutes, then turn the potatoes over with a spatula, and continue baking until the sweet potatoes are golden and tender, 10 to 15 minutes more.



Local Arts & Entertainment

Beginner Home Workout Routine



November Wellness Calendar

FOR MORE INFO VISIT:



Welborn Foundation
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