

# Ivy Be Well & Fit

## Social Wellness

Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

### Social Wellness Facts and Tips

- Socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who are not socially isolated.
- People who maintain their social network and support systems do better under stress.
- Approximately 20 percent of Americans feel lonely and isolated during their free time.
- Touching, stroking, and hugging can improve health.
- Laughter really is good medicine.
- Cholesterol levels go up when human companionship is lacking.
- Warm, close friendships cause higher levels of immunoglobulin A (an antibody that helps keep away respiratory infections and cavities).

**Did you know widespread loneliness in the U.S. poses health risks as deadly as smoking up to 15 cigarettes daily? (Source: U.S. Surgeon General)**

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

- Social Wellness
- Walktober Challenge
- Tai Chi, Self-Defense, Healthy Halloween Treat, and more!

- A strong social network can create a good mood and enhance self-esteem.
- Talking on the phone or in person rather than using social media or texting is a better form of communicating.

### So How Can I Improve My Social Wellness?

- Practice self disclosure
- Get to know your personal needs and pursue things and people who nurture those needs
- Contact and make a specific effort to talk to the people who are supportive in your life
- Volunteer for a cause you are passionate about
- Join a club or organization that interests you
- Get involved in intramural sports or take a group exercise class
- Avoid judgement and accept diversity



# STRESS FREE ZONE

## TAI CHI *with Damien Burge*

Experience meditation in motion.

Tuesday, October 8 @ 12:00 pm  
Koch Student Center

RSVP [alutzel@ivytech.edu](mailto:alutzel@ivytech.edu)



## Why are skeletons so calm?



Because nothing gets under their skin.

# ZOMBIE

WEDNESDAY, OCTOBER 23

12:00 - 12:45

KOCH STUDENT CENTER



# Defense

Watch out for zombies!  
Learn basic techniques to protect yourself from these deadly predators.



## Deaconess fit fare at the Fall Festival

promoting healthy food options

[deaconess.com/wisecchoice](http://deaconess.com/wisecchoice)

# Walktober

October 1 - 31

- Track your cardio on the wellness bulletin board next to Room 140
- One mile equals one hash mark
- Must use a tracker (Strava, Fitbit, Apple Health, MapMyWalk, etc.)
- Top 10 people with the most miles win a prize
- Anyone who reaches 50 miles in October will be entered into a drawing to win a Fitbit Inspire 3



Welborn Foundation  
Wellness & Fitness Center

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## Strength Training Basics



## Green Apple Monsters

A healthy and fun treat to make for your kids!

- Green apples
- All natural peanut butter
- Sunflower seeds
- Strawberries
- Eyeball Candy



Trick or Treat



Fall Fitness Fair

Halloween Decathlon

October Wellness Calendar



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FOR MORE INFO VISIT: