

100-Mile Run Kicks off Wellness Week

Runners head to Chicago from Andrews campus Saturday night

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The University Health & Wellness Center team has put together a week full of wellness-focused events and activities, starting with a two-person 100-mile run and concluding with a world premier film screening and Zumba party. (Photo by Darren Heslop)

By: Becky St. Clair

At 6:30 p.m. on Saturday, Oct. 22, Oliver Glanz, assistant professor of Old Testament, and Oleg Kostyuk, [Seminary](#) student, will begin a run from the Andrews University campus to Chicago—a distance of 100 miles. Glanz and Kostyuk are kicking off the University's first-ever [Wellness Week](#) as MISSION: Fully Alive! agents, representing the newest campaign out of [University Health & Wellness](#). Their run will take them nearly 24 hours, with their schedule putting them at their destination in Chicago at around 5:30 p.m. on Sunday, Oct. 23.

With this kickoff event, Wellness Week picks up on Monday, Oct. 24, with a Health & Fitness Expo and a Total Body Fitness Class. Other events throughout the week include an H2O fitness class in Beaty Pool, midday walks across campus, visits with [Counseling & Testing Center](#) staff about mental and emotional wellness, a wellness chapel to encourage spiritual health, and more.

“We aim to make Andrews University the healthiest university in the world and we need each individual to join this mission,” says Dominique Wakefield, director of University Health & Wellness.

Highlights of the week include the grand re-opening of the Gazebo in the Campus Center on Thursday, Oct. 27, with new, wellness-focused features on display and [Dining Services](#) staff onsite to answer questions, and the world premier screening of "The Transformation Project" on Saturday, Oct. 29, produced by University Health & Wellness, [Integrated Marketing & Communication](#) and the [Department of Visual Arts, Communication & Design](#) studio.

In addition, renowned Zumba instructors will be on campus for a free Zumba fitness party on Saturday, Oct. 29. Anyone is welcome to stay for one or both classes. (Athletic attire is recommended; attendees are expected to bring water.)

The Wellness Lounge, located in the Campus Center, will be open throughout the week, providing services such as massage, full body scans and wellness consultations.

“We’re asking every student and employee of Andrews University to consider embarking on the mission with us to become FULLY ALIVE,” says Wakefield. “This means living life to the fullest by making positive lifestyle changes and a commitment to positive transformation to improve health and wellbeing.”

For Wellness Week details, including a full schedule of events and information on scheduling appointments in the Wellness Lounge, visit andrews.edu/wellness/ww.

Related Links

- [Follow Oliver & Oleg on Facebook](#)
- [Find Wellness Week events & activities](#)
- [Learn more about University Health & Wellness](#)
- [Andrews University Wellness Center Campaign](#)

Contact:

PR

pr@andrews.edu

269-471-3322