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## #AULIVEWHOLLY

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# #AULIVEWHOLLY

Andrews University officially launched its new University Health & Wellness initiative on Wednesday, September 23. The initiative will integrate five deeply connected pillars: physical, spiritual, mental, relational and professional wellness, but mainly focus on physical health and wellness to address the gaps that have been identified. It also includes the development and construction of a Health & Wellness Center, currently still in the planning stages.

“I am thrilled about the incredible opportunity we have to utilize the foundational principles of health and wellness to improve, transform and save lives,” says Dominique Wakefield, newly appointed director of University Health & Wellness. The initiative was instituted by the Office of the President, which means she reports directly to the president.

“My role is to provide expert executive health and wellness advice and to strategically coordinate all things health and wellness for students, faculty, staff and the community.”

She will accomplish this task with the support and guidance of the newly established Health & Wellness Council, and the new Wellness Action Team, which will carry out the practical components of health, wellness and fitness within the campus and community.

## VISION

The vision for the initiative, as approved by the first Health & Wellness Council, is Live Wholly, which is also one of Andrews University's four core strengths. This intentional connection represents what the council feels their vision is—"to really pay attention to the process of living wholly," says Dominique.

They intend to focus on the process of positive change. Living wholly represents this ongoing process—creating a vibrant culture of health and wellness at Andrews University.

## HEALTH & WELLNESS COUNCIL

The Health & Wellness Council is a group of individuals appointed by President Andreasen and Dominique. It is the first council of this nature and members have been asked to serve a three-year term, except for students whose membership will be fluid depending on their attendance at Andrews. The council represents the different groups on campus, including representation from the undergraduate and graduate student bodies, staff, faculty and community.

The council has been tasked by the president to serve as an advisory group for everything to do with the initiative on campus, as well as being tasked to develop a long-term strategic plan for University Health & Wellness. They are currently working on that assignment, which they plan to recommend to the University administration at the end of the 2015–16 school year. The strategic plan will include everything from the agreed upon vision, mission specific goals, objectives and desired outcomes for students, staff and faculty. Determining how to measure those outcomes on an ongoing basis will also be established. The first strategic plan will focus on 2020, but they will continue to look longer out.

In addition, the Health & Wellness Council was instrumental in approving an immediate 2015–2016 action plan that Dominique developed over the summer. This allowed her and assistant Gaby Fernandez to dive right into getting the whole campus community involved in adopting positive behaviors to start changing culture.

Gaby recently graduated from Andrews University with a degree in exercise science and feels privileged to be a part of the new initiative. She says, "It's like the new thing on campus. It's pretty cool to be making history here."

## WELLNESS ACTION TEAM

At the inaugural meeting of the council they approved the establishment of a Wellness Action team (WAT). The WAT is involved with implementing everything from education to research to actually leading particular events, and programming pieces, to helping with PR elements to build the team.

The WAT will primarily consist of students, however staff and faculty are invited to join on a volunteer basis if they so choose. There are currently 10 committed students who have been vetted through a variety of processes.

Some students are doing academic field training, internships and practicums. An agreement with Student Life also allows for co-



**Front Row (L-R):** Dominique Wakefield, Tom Shepherd (professor, Seminary), Judith Fisher (director, Counseling & Testing Center), Jason Shockey (undergraduate student representative), **Middle Row (L-R):** Frances Faehner (vice president, Student Life), JeAnn Semeler (graduate student representative), Donnie Keele (assistant dean of men), Emily Carlson (assistant director, Student Activities & Involvement), **Back Row (L-R):** President Niels-Erik Andreasen, David Grellman (local physician), David Jardine (director, Athletics), Dan Agnetta (director, Human Resources), Steve Yeagley (assistant vice president, Student Life), Donald May (assistant to the Provost) **Not pictured:** June Price, University chaplain

curricular credits to be earned by serving on the WAT. Three events are already in full swing. 1) The Andrews University Plank Challenge: daily at 3 p.m. for 30 seconds (or whatever you can do); 2) Wednesday 5K Walk: Every Wednesday at 5 p.m. campus and community alike are invited to meet at the J.N. Andrews sculpture in front of PMC—rain, snow or sun; 3) Fit Breaks: On-campus 15-minute activities are offered in various campus locations three days a week.

WAT positions are clearly of interest to students pursuing health-related degrees, although some of the team come from other areas—whether they are a business major, marketing major, or it's just their passion, "We need students with certain abilities that can help with various elements," says Dominique. Gaby works with the WAT to develop surveys and guide the students in their research.

The goal is to expand the WAT to 20 members in any given school year. Students will serve for a year, or longer if they so choose.

"They are a vital part, we can't carry out the initiative if we don't have individuals that can help," Dominique emphasized.

A wellness interest survey has been distributed to various campus and local community audiences that will provide a snapshot of the interest in the initiative as well as the future Wellness Center. This is available as a paper survey and online through the end of 2015. As goals are decided in the New Year, additional surveys may be launched.

There is a sub-committee of four specialists to evaluate and set in place standards to measure our progress as a University.

## WELLNESS LOUNGE

The core team of Dominique Wakefield and Gaby Fernandez are located in a newly renovated space, formerly occupied by the Office of International Student Services & Programs, next to the Student Life offices. The grand opening of what they are calling the Wellness Lounge, was held on November 30. This is the headquarters for running the initiative and a space for the campus community to obtain

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various services and be connected to University Health & Wellness.

Some of the key features offered will include personal training, health and wellness coaching and nutrition coaching. There is a relaxation station corner with comfortable bean bags, hot herbal teas and a music station where students or staff can learn how to practice effective stress management. During specific times of the semester this stress management component will be offered as the “Calm Café” so the campus has a place to come and take a break.

In addition, health and fitness assessments will be offered. There is equipment to run a full body scan which will give people knowledge of their body/fat percentage, their visceral/fat percentage (the fat surrounding their organs), their muscle mass analysis, and their biological body age.

University Health & Wellness is also partnering with PMC Health Ministry. They both have the same goal in mind—to help make people physically, emotionally and spiritually healthy.

## SCHOLARSHIP AWARD

During spring semester 2016 a Wellness Transformation Scholarship valued at \$3,500 will be offered to one student for a total life/body transformation. It is open to students who are at an unfavorable health and wellbeing position. The scholarship will include two free imposed physicals, health assessments and three half-hour

personal training sessions with Dominique each week throughout the semester. The process will also be recorded for a reality drama.

## HEALTH & WELLNESS FEST

Dominique is also excited about the launch of the first University Health & Wellness Fest, scheduled for January 12–13, 2016.

“Many people have a very negative association with and attitude toward the words ‘health’ and ‘exercise.’” she says. “They immediately elicit negative emotions in many people because we all know the things that we should do and we don’t do.” Therefore, it’s vital for the initiative to establish enjoyment and engagement with healthy behaviors. The fest will launch the year with a celebration of health, offering a variety of fun, educational and engaging events and elements over a two-day period.

One of Europe’s leading lifestyle doctors, Dr. Chidi Ngwaba, will be in attendance. He has a passion for motivating, educating, entertaining and inspiring people into great health.

As a director of the European Society of Lifestyle Medicine, Dr. Chidi helps to teach doctors, medical students and communities all over the world about the benefits of healthy lifestyle change. Working with the WHO & CDC, his team has recently developed a master’s program in lifestyle medicine, which will be run by several prestigious U.S. and

**TOGETHER WE  
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THE FOUNDATIONAL  
PRINCIPLES OF HEALTH  
AND WELLNESS.**

# SPIRITUAL WHOLENESS

by Steve Yeagley  
Assistant vice president  
for Student Life and H&W  
Council member



What does it mean to be spiritual? And how does our answer guide the work of education?

Some concepts of Christian spirituality, influenced by Greek thought, have divorced the spiritual realm from the material world. Thus, a “spiritual” person is suspicious of the body and everyday life and retreats into otherworldly concerns. A Seventh-day Adventist understanding of biblical spirituality, rooted in the Hebrew

account of creation, moves in the opposite direction toward wholeness and human flourishing.

Adventists believe that human beings were created as a unity of body, mind and spirit. We view the teaching and healing ministry of Jesus as integral parts of his redemptive work, leading us to establish not only churches but hospitals and schools, as well. True education,

Ellen White said, is the harmonious development of the whole person in generous relation to this world and the next (“Education,” page 13). It is the restoration of a whole life, now and even more fully in eternity.

One image that captures this view of spirituality begins with Jacob, who rests his head on a lonely rock. In the night a stairway appears before him, joining earth to heaven. Angels of God move busily back and forth, as Jacob learns of God’s plan to bless him so that he might bless the world. Upon waking, Jacob realizes that this ordinary place is the very house of God.

“Surely the Lord is in this place, and I was not aware of it,” he exclaims. “How awesome is this place!” (Gen. 28:16–17).

Adventist education is but a series of these “aha” moments. It is the process of coming to realize that our bodies, our workplaces and our disciplines are inhabited by God’s Spirit, often in unexpected ways that increase our capacity for good in the world. For Adventist educators, classrooms, offices, residence halls and gymnasiums are just as much the house of God as places of worship. Revealing God’s presence in the whole of life is our awesome task.

European universities. He is developing a book and system to help people prevent and reverse all of the main lifestyle diseases. He is a member of the American College of Lifestyle Medicine and a Fellow of the Royal Society of Medicine.

The fest will also feature the screening of a Loma Linda University documentary (see page 11) on the connection between physical and spiritual wellbeing.

There will also be an attempt to break the record for the most people doing sit-ups together for one minute. The current record is 507 and Dominique thinks that Andrews University can easily top that.

## CHALLENGES & GOALS

Dominique concludes, “There are two main areas I’m responsible for: to lead and guide the initiative, but also to guide the continued progress of the building program [for the new Health & Wellness Center]. We have a number of things happening with the building process, so I have to balance my load.”

As an Adventist campus, challenges are focused more on sedentary behaviors, lack of structured exercise, lack of fitness levels for the age groups, proper nutrition, eating well, and lack of sleep. Dominique adds, “We’ll keep these in mind as we focus on creating goals and what outcomes we want to shoot for.

“This year is really about building the foundation for the Health & Wellness Initiative so that it is here to stay—implanting processes and procedures so there is a firm foundation.”

## GET INVOLVED

The new University Health & Wellness website offers a wealth of information, including a wellness menu, blogs, articles and calendar. Visit it often to learn about new ways to stay connected.

**WEBSITE**  
[andrews.edu/wellness](http://andrews.edu/wellness)

    
[@aolivewholly](https://www.instagram.com/aolivewholly)

**HASHTAG**  
[#aolivewholly](https://www.instagram.com/aolivewholly)

# EMOTIONAL WHOLENESS

by **Judith Fisher**  
Director of the Counseling  
& Testing Center and  
H&W Council member



Emotional connections are interwoven in all human relationships and in our interactions with the divine. Our emotional wellbeing is mirrored in our thoughts, our perceptions, and our attitudes toward ourselves, others and ultimately God. We cannot achieve wholeness without the development of our emotional component.

Our spiritual, physical, social and mental dimensions do not function independently of our emotional selves.

Each aspect of wellness affects the other. Our emotional health, as viewed by the World Health Organization, enables us to realize our potential, cope with life stressors, and work productively to meaningfully contribute to our local communities and our global world. In our quest to optimize our lives and enhance our healthy functioning, we must understand the critical role of our emotional wellbeing. Our

creativity, our decision making, as well as our capacity for change, rely significantly on our emotional stability. Emotional wellness is essential to the dynamic process of growth.

It is our vision for the Andrews University community that its faculty, staff, students and administrators will seek to actively engage in the process of emotional wellness as reflected in greater awareness of the interconnection of thoughts, feelings and behavior.

Our daily choices will reveal a commitment to accessing all resources to strengthen our emotional health, including a trusted support network and opportunities to learn more about our emotional dimension, as well as the divinely crafted partnership involving the mental, the social, the spiritual, the physical and the emotional.

As we endeavor to achieve wholeness, we will be mindful to give attention to our emotions, nurture our sense of optimism, strengthen our resilience, and develop our capacity to cope with life stressors, so that we can more successfully adjust to change, live meaningful lives, and experience joy, love and true fulfillment.