

University Plans to Break World Record

Next week's wellness fest includes attempt at group sit-ups record

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(Photo by Darren Heslop)

By: Becky St. Clair

On Wednesday, January 13, at 3:15 p.m. in Johnson Gym, Andrews University will attempt to break the Guinness World Record for the number of people doing sit-ups together for one minute in one location. This attempt is part of the first ever Andrews University Health & Wellness Fest. Community members are invited to participate in the sit-ups event.

“This event is intended to celebrate the power of health and wellness,” says Dominique Wakefield, director of University Health & Wellness. “At the start of a new year, when many people are looking for new beginnings, our goal is to inspire people to make positive choices related to their health, fitness and wellbeing.”

The idea was to create an opportunity for campus and community members to come together to participate in a challenge related to physical activity. In this case, Wakefield and her team chose sit-ups.

The record for the most people doing sit-ups together for one minute was set in May 2015 at Hathershaw College in Oldham, U.K. They had 503 participants. The goal at Andrews University this month is 510.

“The main focus of this event is to build community around healthful behaviors, such as physical activity,” says Wakefield.

For more information and to register for the FREE Health & Wellness Fest, visit andrews.edu/wellness/1sthealthwellnessfest.

Contact:

PR

pr@andrews.edu

269-471-3322