

## Dominique Wakefield Wins Wellness Leadership Award

U.S. President's Council selects annual recipients

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By: Becky St. Clair

The President's Council on Fitness, Sports & Nutrition has selected Dominique Wakefield, director of University Health & Wellness at Andrews University, to receive a 2016 President's Council on Fitness, Sports & Nutrition Community Leadership Award. The award is given annually to individuals or organizations who improve the lives of others within their community by providing or enhancing opportunities to engage in sports, physical activities, fitness, and nutrition-related programs.

Wakefield has 15 years of experience in health, wellness and fitness leadership in university, church and corporate settings. She has held roles of professor, personal trainer, wellness coach, fitness/program manager, director of health ministry and public speaker. Wakefield has also led out in multiple community health and wellness events, conducted research in the area and organized the development of the University Health & Wellness Center at Andrews.

"Ms. Wakefield has worked to consistently promote opportunities for individuals to lead healthy lifestyles through physical activity and/or healthy nutrition," says Shellie Pfohl, Executive Director of the Office of the President's Council on Fitness, Sports & Nutrition. "Because of her efforts and contributions, the Andrews University community can embrace a more active

lifestyle. Together, we are all working to make our nation a healthier one by helping individuals across the nation live vibrant, vivacious, and productive lives.”

“I nominated Dominique for this award because she is a standout individual, and her hard work needs to be recognized by not only our University, but also the world,” said Gretchen Krivak, director and assistant professor of the didactic program in dietetics at Andrews. “I am very proud of Dominique and so honored to not only have her as my colleague, but also as a dear friend. We are so pleased to have her as part of the team here at Andrews. She is very deserving of this award.”

This year, in honor of its 60<sup>th</sup> Anniversary, the President’s Council on Fitness, Sports & Nutrition presented the Community Leadership Award to 60 recipients across the country for making sports, physical activity, fitness, and nutrition-related programs available in their communities.

The President’s Council on Fitness, Sports & Nutrition (President’s Council) educates, engages and empowers Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. The President’s Council is composed of up to 25 volunteer citizens, including athletes, chefs, physicians, fitness and nutrition professionals, and physical educators, who are appointed by the President and serve in an advisory capacity through the Secretary of Health and Human Services (HHS). The President’s Council is co-chaired by NFL quarterback Drew Brees and Olympic gymnast Dominique Dawes. The President’s Council also develops strategic partnerships to promote programs and initiatives that motivate people of all ages, backgrounds and abilities to lead healthy, active lifestyles. For more information, please visit [fitness.gov](http://fitness.gov) and follow the President’s Council on Twitter @FitnessGov.

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