

## Deadline Extended for \$3,500 Wellness Scholarship

Unique one-time gift for spring semester only

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(Photo by Darren Heslop)

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University Health & Wellness has announced a unique scholarship valued at \$3,500 available for spring semester 2016. **The deadline for applying for this scholarship has been extended to January 10, 2016.**

Unlike most scholarships this is not a sum of money given directly to the student, but rather a variety of services provided for the recipient at no cost, valued at \$3,500.

“Realistically,” says Dominique Wakefield, director of University Health & Wellness, “if all of these services were sought outside of this setting it would probably cost more than \$3,500. We are offering them to one student next semester free of charge.”

The definition of “scholarship,” according to dictionary.com, is “aid granted to a student because of merit, need, etc., to pursue his or her studies.” While we typically think money for tuition when we hear the word “scholarship,” it is not always monetary.

“We created this scholarship to help one student in a powerful way to transform and save his or her life,” explains Wakefield. “We also want to inspire others to make a serious commitment to lifestyle change to improve quality of life. This reflects the commitment of the new Andrews Health & Wellness initiative.”

This one-time scholarship is available to one full-time Andrews Berrien Springs undergraduate OR graduate student who qualifies as obese according to their Body Mass Index (BMI).

The University Health & Wellness Council supported and approved the scholarship in the hopes that it will bring awareness to the serious issues related with making poor personal choices regarding health and wellness.

1. Included in the scholarship is:
2. Physical Exam (Pre and Post)
3. Fitness/Health Assessments (Pre and Post)
4. Lifestyle and Nutrition Behavior Analysis
5. Personal Training/Wellness Coaching Sessions (three 30-minute sessions/week)
6. Access to either of the two health clubs on campus
7. Access to the Andrews Pool
8. Fitness Tracking Device
9. Makeover at the End of Transformation

“We want it to have a positive effect on the individual, obviously,” says Wakefield, “but we also want the results to have a positive effect on the campus community as a whole as we support this individual’s transformation.”

For details on qualifications and how you can apply, visit [Andrews.edu/wellness](http://Andrews.edu/wellness) and click “Wellness Transformation Scholarship.” Applications will be accepted through **Sunday, January 10, 2016.**

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