

Andrews Receives "Gold Level Campus" Award

For the third year in a row

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Ernie Medina, alumnus and current board member, accepts the award on behalf of Andrews University. (photo courtesy Dominique Gummelt)

By: Dominique Gummelt, director for University Health & Wellness

For the third year in a row Andrews University has received the “Gold Level Campus” award from the Exercise-is-Medicine-on-Campus (EIM-OC) initiative, which is spearheaded by the American College of Sports Medicine (ACSM). Among other universities that also received the gold level status in 2018 were Michigan State University, University of Tennessee Knoxville and Virginia Tech.

Andrews University launched the official wellness campaign in the fall of 2015. Since then, under the leadership of the director for University Health & Wellness, Dominique Gummelt, Andrews has been focusing on transforming into the healthiest university, one life and one day at a time. Physical activity has been a particular area of emphasis; lack of physical exercise has become one of the largest epidemics in this country, particularly in the academic setting.

“It is truly exciting and rewarding to receive gold level campus status for the third year in a row, and I am so grateful for each and every person who has helped and supported this

wellness initiative. Thank you to everyone who has contributed to changing lives to help each person live to the fullest and to help Andrews in its endeavor to transform lives physically, emotionally and spiritually,” Gummelt says.

Ernie Medina, alumnus and current board member, accepted this award at the ACSM EIM Annual Meeting in Minneapolis, Minnesota, on May 30, 2018: “It was an honor to be able to accept this award for Andrews University. I’m very proud of all the support and hard work that’s been done to earn this distinction. Special kudos to Dominique for spearheading it all. I know what it involves to be able to earn the Gold Level award!”

Andrews University invites anyone from around the world to join our mission to become a **STRONGER. HEALTHIER. YOU.**