

5th Annual Wellness Fest at Andrews University

Took place Oct. 31 to Nov. 1

[Campus News](#) | Posted on December 12, 2019



Darren Morton, who obtained a PhD in human physiology and is a certified diplomate of the International Board of Lifestyle Medicine, opened the Wellness Fest by speaking on its theme, “Made to Thrive,” for University Chapel. (Photo by Kevin Lembono)

By: Moriah McDonald, University Communication student writer

This year’s Wellness Fest, which took place Oct. 31 to Nov. 1, 2019, featured Darren Morton, who obtained a PhD in human physiology and is a certified diplomate of the International Board of Lifestyle Medicine. Morton opened the Wellness Fest by speaking on its theme, “Made to Thrive,” for University Chapel.

On Thursday afternoon, students visited the Campus Center to participate in “Made to Unwind,” which provided fun, creative and relaxing activity options. The Office of Student Activities & Involvement provided coloring books, supplies to make cards, a basketball hoop and a musical foot piano

Fitness class options at “The Wellness Club” were also available all day at the Andreasen Center for Wellness. Some of these classes included Metabolic Conditioning, Core and More, and Cardio Beats. These group fitness classes are part of the regular classes offered at The Wellness Club.

That evening, at the Pioneer Memorial Church Youth Chapel, the new “Made to Thrive” model was revealed. The model can be viewed at the photo gallery and digitally in the Andreasen Center for Wellness. Morton then delivered a presentation titled “Live More Happy as a College Student.”

The day concluded with the program “Made to Belong & Speak,” which featured two performing artists: The Painter, an indie singer, and Lux Bluette, a singer and songwriter.

On Friday, Nov. 1, at the Andreasen Center for Wellness Bridgetown Studio, Morton and Dominique Gummelt, director of University Wellness, led out in a workout session for attendees. Then, in the Hoilette Commons, Gretchen Krivak, assistant professor and director of the didactic program in dietetics and interim director of the Fitness & Exercise Science program, held a cooking demo titled “Post-Exercise Recovery Snacks.”

The Wellness Fest ended in a Q&A session with Morton and Gummelt and a final presentation by Morton called “Made to Matter,” focusing on finding our identity in Christ.

“The 5th Annual Wellness Fest was by far the most impactful and significant one we’ve had! The focused and collaborative development of the ‘Made to Thrive Model’ has truly captured the mission and vision of University Wellness,” says Gummelt. “This year’s celebration of wellbeing showcased the growth and development we have experienced as a campus community. I am excited to see the continued journey that we are on to become the healthiest university and change the world!”