

# What?

THE EDGE is a new initiative of the Department of Nutrition & Wellness, launched through the Nutrition & Fitness Student Association, designed to improve the overall wellbeing of the undergraduate student population at Andrews University.

Based on surveys and focus groups, the main areas of wellness needs are:

- increased physical activity
- healthier diet
- better time & stress management



## Wellness Workshops

11:30 – 12:10 in Marsh 318

1. **Jan. 24<sup>th</sup>**: “Weight Loss Myths & How To Shed the Pounds for Good” (Kendra A.)
2. **Feb. 14<sup>th</sup>**: “Barriers to Sticking With a Regular Fitness Program and How to Overcome Them” (Rachel K.)
3. **Feb. 21<sup>st</sup>**: “Getting Fit With Little Time Available” (Alannah T.)
4. **Feb. 28<sup>th</sup>**: “Building Core Strength The Proper Way” (Justin R.)
5. **March 13<sup>th</sup>**: “Safe & Effective Ways to Exercise” (Sarah M.)
6. **March 27<sup>th</sup>**: “Exercise and Your Mind” (Jharony F.)

Wellness Points & Co-Curricular Credit

## Special Events!

‘5K – Pioneer Runners’ Spring Run-Off  
April 15<sup>th</sup> @ 9 a.m. @ PMC

Wellness Points & Co-Curricular Credit

## Contact Info

Dominique Wakefield – [wakefiel@andrews.edu](mailto:wakefiel@andrews.edu)

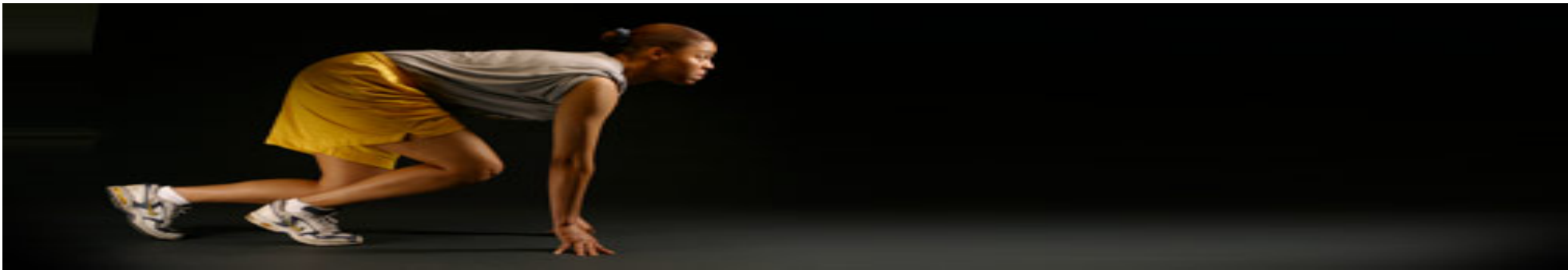
# THE EDGE

Student Wellness Program  
Andrews University



Nutrition & Fitness Student Association  
Department of Nutrition & Wellness

[www.andrews.edu/cas/nutrition](http://www.andrews.edu/cas/nutrition)



All fitness classes meet in the FitZone unless otherwise noted!

January 17 – April 19<sup>th</sup>, 2012

Day	Morning	Afternoon	Evening
<b>Sunday</b>	Walking Club: 9 – 11 a.m. @ PMC (females only) (Kendra A.)	PLYOMETRICS: 4 – 4:45 p.m. (Jharony F.)	ZUMBA: 5 – 5:45 p.m. (Alannah T.)
<b>Monday</b>			BodyWorks: 5:30 – 6:15 p.m. (Eric K.) Pilates/Muscular Endurance: 6:15 – 7 p.m. (Justin R.)
<b>Tuesday</b>	CALISTHENICS: 9:30 – 10:15 a.m. (Sarah M.)		Walking Club: 17:00 – 18:00 @ PMC (females only) (Kendra A.)
<b>Wednesday</b>			BodyWorks: 5:30 – 6:15 p.m. (Eric K.) Pilates/Muscular Endurance: 6:15 – 7 p.m. (Justin R.) CIRCUIT TRAINING: 7 – 7:45 p.m. (Rachel K.)
<b>Thursday</b>	CALISTHENICS: 9:30 – 10:15 a.m. (Sarah M.)		
<b>Friday</b>	CIRCUIT TRAINING: 8:45 – 9:30 a.m. (Rachel K.)	BOSU: 12:45 – 1:30 p.m. (females only) (Alicia F.) ZUMBA: 3 – 3:45 p.m. (Alannah T.) PLYOMETRICS: 4 – 4:45 p.m. (Jharony F.)	