Andrews is Talking About

- Jacki film (wellness transformation project)
- Giving hugs is good for your health
- New health and wellness center
- Installing filtered water bottle fountains all over campus
- Weight loss solutions program
- Friday funday’s in Harrigan hall
- Striving to become the healthiest university in the world
- Certified healthy departments
- Wellness ambassadors, treating yourself to a healthy massage in the wellness lounge
- Healthy heart
- Universities without soda
- Fruit infused water
- 5K walks/runs
- Real body age
- Eating you alive
- 2nd annual wellness fest
- Mission fully alive
- Taking the personal wellness pledge
- 100 mile run
- Total body fitness
- Standing desks
- Stronger
- Healthier

Start your adventure today.

Wednesday 5K Walks @ 5:30PM
Meet at the Andrews Sculpture

This year’s Journazine is Interactive!

Try to spot all the portals in each page, enjoy!
A Special Farewell

We are excited and sad to have one of our student employees leaving our team. Rafael Gonzales, a Student in Nutrition and Dietetics, is graduating this spring and will move back to Hong Kong this summer. He will be attending an internship program in Florida for nine months before deciding what he will do next and where he will be settling.

Rafael has been very instrumental in aiding and assisting the FitThumb users, managing the Journazine organizing scheduling software and providing the lounge services, among the many other tasks. We are sad, because we will miss his courteous personality and his skill, we are happy that Andrews University is getting another alumnus to go out to the world and to share his God given talent.

Sincerely,

The University Health & Wellness Team
Dear Wonderful Readers,

Rather than indulging you in more lengthy theoretical discourse about why we all should care about wellness, let me keep this simple, personal and practical - hoping this will be a greater inspiration for you!

Think about these questions for yourself:
Are you practically taking action towards making positive changes for your personal health and wellness? What are you doing?
Are you ready to be transformed?
Are you living life to the fullest potential in every aspect? If no, why not? If you think ‘yes’, I challenge you to look harder, because I believe we all have something we can always work on making better (and remember, wellness is wholistic...mind, body & spirit)!

I decided to share with you a few personal wellness practices that have truly transformed aspects of my life to help me “live wholly” and I invite you to just try it, if you are not already. (and keep in mind, I have plenty of things I still need to work on transforming!) (*all these practices have evidence-based foundations within research)

**Wellness Practice 1:** When I wake up, I drink two cups of water first thing, before I do anything else.

**Wellness Practice 2:** Immediately after drinking water, I read a) a verse from Scripture and b) an inspirational quote (I follow wonderful ‘quotes sites’ on Twitter for this purpose)

**Wellness Practice 3:** Next, I spend time in prayer and always begin it with elements of thanksgiving and gratefulness.

**Wellness Practice 4:** When I finish my prayer, I stand up with my hands stretched up to the sky and I say: “Today is a day that the Lord has made and I will rejoice and be glad in it. Today I choose to live life to the fullest!”

**Wellness Practice 5:** Next, I turn on my favorite playlist of music and move rhythmically while I get ready/dressed.

**Wellness Practice 6:** The morning routine continues with eating breakfast, always including at least one piece of fruit.

**Wellness Practice 7:** While eating breakfast, I purposely send a few messages (text, email, messenger, WhatsApp or whatever) of love and appreciation to family and friends. Sometimes that entails a thank you, an inspirational verse or a song to brighten their day.

**Wellness Practice 8:** Moving more and sitting less is a principle I work on regularly. Standing, moving, walking and having structured exercise sessions are all part of my daily intentional actions (some days I do better than others).

Although these are not ALL of my personal wellness practices, these are just a few I wanted to share with you today, as you might entertain your own personal transformation of various wellness practices in your life.

I hope you sincerely enjoy this edition of Andrews University Health & Wellness Journazine! Be sure to connect with us via social media or our website: www.andrews.edu/wellness. Let’s all work towards making Andrews University the healthiest in the world, one life and one step at a time!

Live Wholly,

Dominc Nwofield

**Director’s Letter**

Plank at 3:00 p.m. daily.

Anywhere
With anyone
However long you want
With whatever plank variation you want

Strengthen your core.
Sugar in Foods

Take a glimpse of the hidden sugar levels of foods available on the market.

1. Apple Medium; 19g*

2. Cheesecake Piece; 17g^*

3. Bread Slice; 1.5g

4. Greek Yogurt Container; 6g

5. Ketchup Tablespoon; 3.7g^*

6. Orange Small; 9g

7. Grapes Cup; 15g^*

8. Frosted Flakes Cup; 15g^*

9. Ice Cream 1/2 cup; 14g^*

10. Banana Medium; 14g^*

11. carrot Cake Piece; 31g^*

12. Chocolate Chip Cookie 2 oz; 19g^*

13. Pear Medium; 17g^*

14. Granola Bar Bar; 8g

15. Peanut Butter Tablespoons; 1.5g

16. BBQ Sauce Tablespoon; 6g^*

17. Dried Fruits Oz; 16g^*

18. Donut Medium; 10g^*

* Natural Sugars
^ Added Sugars

What’s your real body age?

Find out your real body age, body fat and skeletal muscle percentage today with the Full Body Scan at the Wellness Lounge.

For $3, you can find out more about your body.

To make an appointment visit: https://uhealthandwellness.setmore.com/
How to Run a 100 Miles

Written by: Becky St. Claire

They were beyond sleep-deprived. Oliver Glanz, assistant professor of Old Testament in the Seminary, and Oleg Kostyuk, PhD student and adjunct instructor of New Testament, had been awake for more than 36 hours and had spent 21 of them running. But let’s back up. This was 8 p.m. on Sunday, Oct. 23, 2016. There’s a lot that happened before then.

Oct. 22, 2016; 5:45 p.m.
A crowd of cars and people were gathered in the parking lot behind Pioneer Memorial Church on the campus of Andrews University. Bags and boxes of food were transferred between vehicles, gallons of water were strapped into a saddle bag on the back of a bike and small groups wandered between each other, exchanging cell phone numbers and comparing notes. It was about to begin: Five individuals were preparing to bike or run 100 miles from the campus of Andrews University in Michigan to the old Water Tower in downtown Chicago.

“This is something I’ve wanted to do for more than five years,” explains Kostyuk, who, along with Glanz, had been training specifically for this run for nearly ten months. “I’ve done marathons and I run regularly for the fun of it, and I wanted to challenge myself.”

Glanz and Kostyuk have known each other for only a couple of years. In that short time, however, their relationship has grown beyond typical as they’ve run and biked together countless miles and hours.

How it All Began
In his native Germany, Glanz watched his father, a pastor, ride his bike to each of his churches to preach. As he grew into a young man and then an adult, Glanz fell in love with mountaineering. With mountains a few short hours away, he was able to regularly participate in rock climbing, high altitude climbing, ice climbing and big mountain skiing. He has summited Mt. Blanc, the highest peak of the Alps, several times.

Now, Glanz regularly jogs his commute to work, a distance of 6 miles one direction, sometimes alongside his 6-year-old daughter bicycling her way to school. This commute is more than just travel time or physical activity. Glanz considers it bonding time with his daughter.

“We talk while we pedal and jog,” he says. "She tells me what she dreamed last night or what she thinks of school. I ask her about her friends, her teachers and her life.”

As a result of regular Sabbath afternoon hikes on the Appalachian Trail, Kostyuk became accustomed to hiking 18 miles at a time. He and his wife also regularly went diving in Florida, and after doing several marathons, Kostyuk now laughingly refers to them as “little jogs.”

In 2016, Kostyuk and Glanz completed a couple of marathons (26 miles each), and some 30-, 40-, 50- and 60-mile runs.

A Life of “Ultra”
The buzzword for this kind of athletic prowess is “ultra-running.”

“We call something ‘ultra’ when it is further, higher or deeper than what one would consider being just far, high or deep,” explains Glanz.

It’s not a term reserved solely for running or even just physical activity.

“Everyone has an ultra,” says Kostyuk. “An ultra is anything beyond your comfort zone in every aspect of life: Studying, love, public speaking, parenting, etc. Going one step further than you thought you could is what makes it an ultra.”

For Glanz and Kostyuk, going “one step further” proves to be quite a bit beyond average. When they decided to attempt a 100-mile run, the runners knew preparation and training were key, which for them simply meant increasing the activity and healthy diets they already incorporated into their everyday lives.

By the time Glanz and Kostyuk said their final words of inspiration to the gathered crowd on Saturday, Oct. 22, they were more than ready to get this epic run started. The energy and excitement were palpable as a crowd of about 50 supporters gathered on the campus sidewalk to bid the athletes farewell.

Oct. 22, 2016; 7:10 p.m.
“Ready! Set! GO!”

And they were off. Cheers, claps, whistles: the crowd watched as they quickly made their way across campus, down J.N. Andrews Boulevard, and toward the southeast edge of town.

They had five check-stops between Michigan and Chicago, and wore a live GPS tracker so family and friends could track them.
their progress, and the support team could stay on top of the runners’ average minutes per mile, allowing them to calculate where the runners would be and when.

Accompanying the two Andrews runners was Calvin Kim, a third runner who had connected with Kostyuk and Glanz on-line and had flown out from Washington State specifically to participate in the 100-mile run. Two bicyclists, Flavio Prestes and Lisanthro Stout, volunteered to serve as support for the runners. They packed First Aid kits, water and flashlights and rode alongside the runners for the entire event. Prestes also served as the communication point-person, providing hourly updates to the University Health & Wellness and media teams.

At check stops two, three and four a volunteer physical therapist set up a table and gave the runners much-needed massages to soften their muscles.

“It hurt,” Glanz admits, “but it was a good pain and probably the best massage we’ve ever had. Her work kept our muscles healthy and allowed us to continue to complete our goal!”

At each stop, the runners ate special food prepared just for this event by a nutrition class in the Department of Public Health, Nutrition & Wellness. The night was chilly–about 45 degrees at its coldest point–so they also took care to keep their muscles warm during each stop, using everything from hats and jackets to a special hot drink prepared just for the run, called “Glögg.”

“They were never out of breath,” says Janine Carlos, administrative assistant for the Department of Church History in the Seminary. Carlos was responsible for providing meals for the runners at checkpoints 2-5. “At that fourth stop you’d never know they’d already run 75 miles—the equivalent of three full marathons.”

This intense ultra-run was not just to prove they could do it. Glanz and Kostyuk were running to kick off the University’s first ever Wellness Week, themed “Mission Fully Alive.”

Being a Hebrew

“The Bible writers encouraged their readers to be fully alive,” says Glanz. “According to Paul the best way to do that was to become a Hebrew—the biblical word for the modern word ‘ultra.’”

Glanz explains that there are only two people referred to as ‘ultra’ when it is further, higher or deeper than what one would consider being just far, high or deep. “We call something ‘ultra’ when it is further, higher or deeper than what one would consider being just far, high or deep” says Glanz. “The Bible writers encouraged their readers to be fully alive, and ‘ultra’ is a word that captures this idea. ‘Ultra’ comes from the Latin word ‘ultrare,’ which means to go beyond, to go further.”

“Being a Hebrew means embracing the mission to be fully alive by making positive lifestyle changes and a commitment to positive transformation to improve health and wellbeing.

The joy Kostyuk and Glanz find in running is about more than competing against themselves. It’s also about what they’ve termed “The 3 Es”: Embrace creation, Explore life and Educate yourself.”

“Running is an opportunity to get in touch with nature,” says Glanz. “It’s a way to reconnect with the world God created for us and experience more of what it has to offer.”

It’s not just about serious things, either.

“Running for us is like going to the playground for small children,” Kostyuk says with a smile. “When I run, I’m a child again. Sometimes we scream ‘yippee!’ as we run the hills, or pretend dogs are chasing us. We run in the rain, jump over things, try to run faster than a deer. It brings you back to childhood and creates immeasurable joy and happiness.”

They also use it as time to learn—about each other, the world and even listening to audiobooks as they run.

Oct. 23, 2016; 2:00 p.m.

As the miles jogged by on the 100-mile run, Glanz and Kostyuk found they had an increasing need for encouragement. They approached the Water Tower in downtown Chicago as the runners would be and when.

“Sometimes we dream of the things we wish we could do, but the truth is we can do them,” says Kostyuk. “And if we can do these things for ourselves, imagine what we can do to help the world. We can move mountains with God. If God created us with these abilities, we have the responsibility to take care of ourselves and anything around us. To push ourselves to go beyond—to go ultra. We just have to commit.”

Oct. 23, 2016; 4:30 p.m.

There was much cheering and clapping; passersby slowed their pace to see what was going on. Kostyuk and Glanz laughed, hugged their families and friends and grabbed a hot drink. It was over. They had completed the 100 miles in just over 21 hours.

“Christians are called to be Hebrews and be ready to go beyond to take the challenge and receive life to the fullest,” says Glanz. “To not shy away in the presence of pain, disappointment or rejection but to keep pushing, to fight for that life that brings healing, joy, true community and satisfaction. To fulfill the mission of being fully alive. To commit to a life that seeks new limits, that does not accept the status quo but seeks more of that life that God promises, to receive the blessings of God more readily, to surrender to God more fully. To become more fully alive.”

Challenge is key, says Glanz and Kostyuk, because growth doesn’t happen in comfort and ease.

“Sometimes we dream of the things we wish we could do, but the truth is we can do them,” says Kostyuk. “And if we can do these things for ourselves, imagine what we can do to help the world. We can move mountains with God. If God created us with these abilities, we have the responsibility to take care of ourselves and anything around us. To push ourselves to go beyond—to go ultra. We just have to commit.”

What’s Next

Before they even finished the 100 miles, Glanz and Kostyuk were already plotting their next challenge.

“I’ve always wanted to do an Ironman,” says Kostyuk. “So I suggested to Oliver that we just get up someday and do our own personal qualifying trial for Ironman. I think we’re going to see if we can qualify for Kona.”

The Ironman World Championship event in Kona, Hawaii, is known amongst amateur and professional athletes as the ultimate challenge.

Ironman consists of 2.4 miles of swimming, 112 miles bicycling and 26.2 miles running. According to the Ironman website, average training for those who successfully qualify for the Ironman World Championship in Kona covers seven months and includes weekly distances of seven miles swimming, 232 miles bicycling and 48 miles running.

Glanz and Kostyuk would like to complete their private Ironman initiative in under 13 hours.
Jackie received the Transformation Scholarship from the University Health and Wellness Initiative on January 14, 2016.

Jackie joined her fellow counselors and trainers to purchase equipment she will need for all the future workouts for her journey of transformation. Workout clothes and other supplements were purchased.

Waking up at 5:00a.m., the first workout was tough at first for Jackie. After the first workout, Jackie felt great and was surprised that her body was capable of completing all of the workout sets.

First weigh-in at the Health & Wellness Lounge gave a snapshot of her current skeletal muscle and fat percentage. She planned certain goals to prepare her workouts and diet.

Jackie has gained the confidence to face crowds that want to hear her story of her transformation.

There is no stopping Jackie now when it comes to presentations or public speech! She has gained the confidence to face crowds that want to hear her story of her transformation.

The journey doesn't end here. Join Jackie on her adventure for wellness after the transformation scholarship @120daysofmylife on Instagram today!
The 2nd Annual Wellness Fest at Andrews University

Cooking demos. Documentaries. 5K walks. Health and fitness expos.

The 2nd Annual Wellness Fest presented by the University Health and Wellness Initiative emphasized holistic health throughout March 29th to 30th.

Stronger. Healthier. You. University Health & Wellness' Annual Wellness Fest aims to empower the campus and community by various departments dealing with the mental, spiritual, and physical well-being.

This year's Fest featured the Wellness Expo, cooking demos by the Nutrition and Dietetics students, wonderful documentaries (Eating You Alive and the Jackie Film), a wellness celebration, and more! Departments on campus set up booths around the Student Center commons and hallway. Featured booths were: Campus Ministries, Nutrition and Dietetics, AU Pool, True Color Studio, Speech Pathology, Nursing, and more. During the Expo, nutrition students cooked up a few nifty dishes for all to sample. Participants were pleased with the wonderful creations and told them they will try to themselves too!

The Stigma Free 5K Walk was hosted by the Counseling and Testing Center as a means to promote exercise and being aware of social and systemic barriers for people living with mental health conditions. Participants marched around the campus under a beautiful, sunny day.

Over 1000 people came to the Eating You Alive screening at Newbold Auditorium. The audience had a special treat at the end of the documentary where the director of the film (Paul David Kennamer Jr.) and his wife connected with them through a video conference. A plethora of questions were asked about vegetarianism and healthy living by the audience, which answered with great detail by Kennamer.

Dr. Sherine Brown-Fraser, department head of Public Health, Nutrition, and Wellness lead the wellness chapel, on March 30th. The main focus was on wellness and good health as an “actively sought goal.” Other theories were mentioned and aimed towards balancing wholistic health. Stronger. Healthier. You. Celebration later in the evening was a series of events of awards for wellness ambassadors, a farewell, and another documentary showing. The Jackie Film is an in-house documentary directed by Pablo Fernandez and produced by the University Health & Wellness Initiative (UHW), following Jacqueline Barrios (Jackie) through the 3-month transformation scholarship offered by UHW. Jackie not only gained a better outlook on wellness and went from being shy in front of audiences to a well-spoken presenter in front of large crowds. Find out more on page 17.

A response from one of the participants: “I was amazed and blessed by this year’s wellness fest. I thought all of the events were carefully planned and executed beautifully. I believe that as much encouragement and enthusiasm that could be generated through advertising and reminders was done. People will come to things they feel are important or interesting so I believe the right people attended each of the events. I was only able to attend the final celebration event which was a blast. I loved the audience interactive elements to the program and really enjoyed the upbeat and positive message throughout the evening. We all are on a journey of good health and the wellness week helped to focus on what we could do to improve our health in a fun, exciting, and beneficial way.”

Janine Carlos, Church History Administrative Assistant, Chief Wellness Ambassador.

UHW hopes to hold more annual Wellness Fests in the future with even more activities for everyone to learn about the importance of health and wellness. A huge shout out and thank you goes towards all volunteers and helpers to make this event possible as well as participants who supported our events by visiting different activities each day! See you next year!
Standing Weighted Straight-Arm Front Deltoid Raise
Target Muscles: Shoulders
Equipment: Free Weight

- Hold the free weights in front of your thighs, palms facing your thighs.
- Keep your arms straight with a slight bend at the elbows but keep them locked. This will be your starting position.
- Raise the free weights in a semicircular motion to arm’s length overhead as you exhale.
- Slowly return to the starting position using the same path as you inhale.

Squats with Lateral Shoulder Raises
Target Muscles: Quadriceps, Glutes, and Shoulders

- Start with the legs a little wider than shoulder-width.
- Toes should point slightly outwards, with knees slightly flexed (bent).
- If it helps, you should try focusing on a spot that is slightly above your eye level.
- Slowly lower to a sitting position, keeping weight on your heels and allowing yourself to lean forward slightly.
- As you lower, raise arms, keeping hands at 10 and 2 o’clock, respectively.
- Once thighs are parallel to the floor, stand up, pushing through heels to starting position as you lower weights to your sides.
- Lower again into a squat, this time lifting arms straight out to sides, to shoulder height.
- Once thighs are parallel to the floor, stand up as you lower weights to sides. Perform about 15-20 repetitions.

Lunge Step Ups
Target Muscles: Quadriceps, Glutes, and Abdominals
Equipment: Body Weight

- Assume your regular lunge position.
- The slight modification to this exercise is that at the end of the lunging movement, you will be performing a knee-high instead of returning to the start position of the lunge.
- Remember to keep your core tight so that it is engaged throughout the movement.
- Perform about 15-20 repetitions for each foot.

Knee-to-Elbow Crunches (sitting)
Target Muscles: Abdominals
Equipment: Body Weight

- Lie on the floor, crossing your right leg across your bent left knee.
- Clasp your hands behind your head, beginning with your shoulder blades on the ground.
- This will be your starting position.
- Perform the motion by flexing the spine and rotating your torso to bring the left elbow to the right knee.
- Return to the starting position and repeat the movement for the desired number of repetitions.

Seated/Bent-Over Rear Deltoid Raises
Target Muscles: Shoulders
Equipment: Free Weights

- Sit on the end of a bench with your legs together and the free weights behind your calves.
- Bend at the waist while keeping the back straight to pick up the weights.
- The palms of your hands should be facing each other as you pick them. This will be your starting position.
- Keeping your torso forward and stationary, and the arms slightly bent at the elbows, lift the dumbbells straight to the side until both arms are parallel to the floor.
- Exhale as you lift the weights. (Note: avoid swinging the torso or bringing the arms back as opposed to the side.)
- After a one second contraction at the top, slowly lower the weights back to the starting position.

Disclaimer: Attempt at your own risk. If you’re unsure if you are able to perform these exercises please consult your physician.
Health & Wellness Center
Coming Soon
Dear Reader,

We are asking every person on this planet to consider embarking on the mission with us to become FULLY ALIVE, living life to the fullest by making positive lifestyle changes and a commitment to positive transformation to improve health and wellbeing.

We aim to make Andrews University the healthiest in the world and we need each individual to join this mission.

Are you ready to join the mission to be Fully Alive?

Take a personal wellness pledge!

Sincerely,

University Health and Wellness Team

The journey of health & wellness doesn’t end after leaving Andrews! Brandon Clear (AU’11) and Tim Zork (AU’06) were featured on linked in at Torti Gallas + Partners, Inc (TG+P) hosting a “healthy cooking demonstration.” Graduates represent Andrews University as Wellness Ambassadors even after they set foot into the world. Brandon and Tim are truly role models of health & wellness!
Enjoy a relaxing massage today

At the University Health & Wellness Lounge

Price
Students $3
Faculty/Staff $5
Community $10

To make an appointment visit:
https://uhealthandwellness.setmore.com/