



# **A Wellness Transformation Guide for the University Student**

*(SELF-GUIDED)*

PRODUCED BY

***Dominique Gummelt, PhD, CPT, CWP***  
*Director, Andrews University Wellness*



Stronger.  
Healthier.  
You.

**DISCLAIMER:**

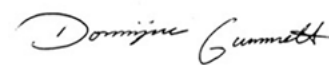
This guide is intended to serve as a resource, an educational and self-guided tool to make positive wellness choices on a day-to-day basis while being a student at this University. If you choose to embark on any of the tasks and challenges in this guide, you agree to do so completely at your own risk. Andrews University, Dominique Gummelt, or any other person at Andrews University will not be held liable for any injuries, negative consequences or death related to this guide or actions taken as a result. If you have any health issues, please consult with your physician before making any of the changes outlined in this guide.



Stronger.  
Healthier.  
You.

Every human being has the capacity to live life to the fullest in every aspect of wellbeing (physical, mental/emotional, spiritual and social). The daily choices we make about the way we live determine the quality and quantity of our lives. All of us have room to grow to maximize our potential.

No matter where you are in your life journey, you can benefit from embarking on a **WELLNESS TRANSFORMATION** as you go through university and life. This guide is meant to be a resource, a tool and an inspiration to you. Are you ready to become healthier and happier while you go through this University? What are you waiting for?



*Director, University Wellness*

# PART I: Welcome to the Team

Andrews University Wellness would like to extend a warm welcome to you, whether you are a new or returning student at Andrews University! No matter what you have or have not done in relation to your personal wellness journey and no matter what your background is, you are now joining a team of students, faculty, staff and community members who are deeply committed to living life to our fullest potential and are thrilled that you are choosing to join this MISSION to become FULLY ALIVE while you are focusing on your university studies.

We want you to know that YOU ARE NOT ALONE as you study and live in this community. There are a plethora of resources, tools and services available to you—a real benefit of being a student at Andrews University—a university that has committed to becoming the healthiest university!

## PART II: University Wellness (UW)

University Wellness is a unique, one-of-a-kind initiative directly sponsored and run through the Office of the President. Its aim is to make Andrews University the healthiest university and in order to achieve this, every single person in this community plays a vital part in this wellness transformation, including you!

The director of UW, Dominique Gummelt, Jackie Barrios, UW associate ([wellness@andrews.edu](mailto:wellness@andrews.edu)) and UW student assistants and interns will be your biggest cheerleaders in your journey to become and stay well throughout your university tenure and beyond.

UW works directly and closely with many entities on campus to deliver the best possible resources and initiatives for you, including the Counseling & Testing Center, Campus & Student Life, Student Activities & Involvement, and academic departments.

UW is currently located in the Campus Center (Room 168), next to the Student Life office, and is referred to as the “Wellness Lounge.” As soon as the new Wellness Center is completed, operations headquarters for UW will be located in the new facility.



**Sad Facts about  
University Life that  
Andrews aims to change**

*Fitness levels among  
students in higher  
education institutions  
decrease as they go  
through college.*

# PART III: Connect with Wellness Resources

UW is a resource for you and offers a variety of services, tools and programs. Please be sure to check out our website for all the offerings: [andrews.edu/wellness](http://andrews.edu/wellness) and follow UW on Facebook, Twitter and Instagram to stay connected and updated.

## List of UW opportunities:

*\*Visit [andrews.edu/wellness](http://andrews.edu/wellness) for more*

1. Free fitness classes
2. Free online educational resources (articles, videos, blogs)
3. Wellness transformation inspiration and opportunities
4. 3-D technology massage chair
5. Full-body sensor evaluations
6. Annual Wellness Fest
7. College Wellness 101 (co-curricular short courses)

## List of other wellness resources on campus:

*\*Visit [andrews.edu/wellness](http://andrews.edu/wellness) for more*

1. Wellness Center (opening fall 2019!)
2. Beatty Gym: AU Pool, rock wall, racquetball courts, disc golf course
3. Lamson Hall Health Club (women)
4. Meier Hall Health Club (men)
5. Andrews University Trails (mountain biking, hiking, walking, running)
6. Counseling & Testing Center
7. Student Activities & Involvement (student clubs & social events)
8. Athletics (intramurals & Cardinals)
9. Campus Ministries
10. Student Success Center

**Sad Facts about University Life that Andrews aims to change**

*According to Dr. David Angus, five hours or more of sedentary sitting is the health equivalent of smoking more than a pack of cigarettes per day.*

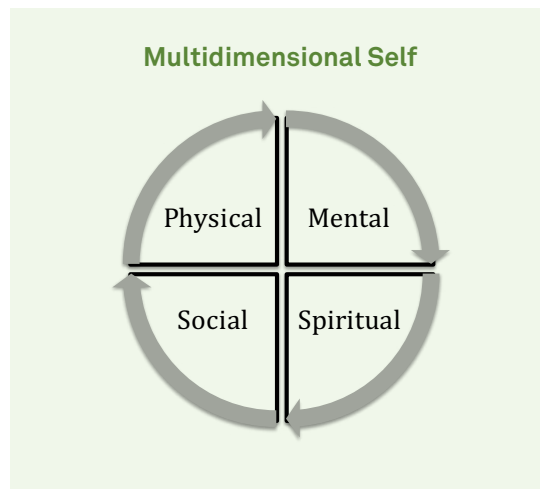
# PART IV: Graduating from University Healthier, More Fit & Well

## A. FOUNDATIONS

### Andrews University's Definition of Wellness

Wellness is an active process of optimizing every aspect of our multidimensional selves to harmoniously reflect the image of our Creator.

To live life to your fullest potential, all four key dimensions play a vital role. Wellness transformation is a continuous and active process, which is ongoing for life and requires constant intentionality, effort, time, self-discipline, ability to self-reflect and self-assess.



## B. POSITIVE BEHAVIOR

The following list of positive behaviors provides general guidelines that will help you transform positively throughout your university career to set you up for a healthier, happier and more successful life! This is not a temporary fitness plan or diet—this is a wellness plan for life and you will reap many benefits wholistically if you choose to take on this challenge of transformation. These are only some of the evidence-based behavioral practices that positively impact our daily life (there are certainly more).

PHYSICAL	MENTAL	SPIRITUAL	SOCIAL
<ol style="list-style-type: none"> <li>1. Drink at least 9–13 cups of water each day (two cups right after you wake up in the morning).</li> <li>2. Drink primarily water (abstain from sugary/caloric beverages).</li> <li>3. Eat a daily healthy breakfast within 30 minutes of waking.</li> <li>4. Include at least two pieces/servings of fruit in your diet every day.</li> <li>5. Include at least three servings of veggies in your diet every day.</li> <li>6. Eat a minimum of three balanced, healthy meals a day.</li> <li>7. Walk at least 10,000 steps per day.</li> <li>8. Engage in a minimum of 20–60 minutes of moderate to vigorous cardiovascular activity 3–5 times per week.</li> <li>9. Engage in a minimum of 2–3 strength training workouts per week, working all major muscle groups.</li> <li>10. Engage in 3–7 days of flexibility training each week, stretching all major joints.</li> <li>11. Sleep at least 7–8 hours per night.</li> <li>12. Abstain from cigarettes, tobacco, alcohol and drugs.</li> <li>13. Get a massage at the Wellness Lounge 2–3 times per week.</li> </ol>	<ol style="list-style-type: none"> <li>1. Plan and organize your school, work and social schedule each day in advance.</li> <li>2. Journal each day and practice self-reflection.</li> <li>3. Practice short breathing breaks throughout the day (2–3 breaks for short 1–2 minutes of deep breathing).</li> <li>4. Take a short break from looking at technology (screens/devices) every 30 minutes.</li> <li>5. Spend time outside in nature for a minimum of 15 minutes per day.</li> <li>6. Take self-assessments to understand yourself better and focus on growth and development (e.g. 16PF; StrengthFinder, etc.).</li> <li>7. Do not hesitate to get in touch with the Counseling &amp; Testing Center to make an appointment with one of our counselors if you need help.</li> </ol>	<ol style="list-style-type: none"> <li>1. Spend time in prayer each day.</li> <li>2. Spend time reading spiritual and inspirational literature.</li> <li>3. Keep a prayer journal.</li> <li>4. Create a prayer list and put it into practice each day.</li> <li>5. Spend time outside in nature for a minimum of 15 minutes per day (e.g. prayer walk).</li> <li>6. Create a clear list of your values and priorities in life and keep it visible each day.</li> <li>7. Attend church and fellowship with others regularly to build a meaningful faith community.</li> <li>8. Connect with spiritual events and groups on campus to find meaningful involvement.</li> </ol>	<ol style="list-style-type: none"> <li>1. Connect with people you love on a daily basis in whatever way possible.</li> <li>2. Build a circle of friends who practice positive healthy behaviors and connect with this group on a daily basis in whatever way possible.</li> <li>3. Intentionally get involved in student clubs and activities to connect with other like-minded individuals.</li> <li>4. Intentionally treat all people with kindness and respect each day by smiling, listening and using appropriate communication skills.</li> <li>5. Know yourself (e.g. keep a journal and reflect daily on your experiences and emotions; if you need assistance, contact the Counseling &amp; Testing Center).</li> <li>6. Do not criticize, judge or blame.</li> <li>7. Do not be a flake!</li> </ol>

*Important note: If you have any health issues, please consult with your physician before making lifestyle changes.*

### C. PREPARATION

The following checklist of preparation items will help you with being more successful in your wellness transformation journey. Consider them carefully!

1. Find/purchase a fitness tracker (of your choice) that can count, at minimum, your daily steps reliably.
2. Find/purchase a journal (or use an electronic option) to track everything you actually do each week.
3. Find/purchase a pair of high quality athletic shoes.
4. Find/purchase at least two comfortable fitness outfits in which you can easily move.
5. Find/purchase a refillable water bottle (BPA-free). (They are available at University Wellness.)
6. Find at least two accountability partners that you enlist into your support team. They could decide to actively participate in the wellness transformation or simply make a commitment to act as an accountability partner on a daily basis.

Partner #1: \_\_\_\_\_

Partner #2: \_\_\_\_\_

7. Have a dedicated conversation with your roommate about your plans to engage in a wellness transformation for life and ask them for their support, or at minimum to not make it difficult for you (e.g. consistently asking you to go out to eat pizza with them at midnight).

8. Think about the top five favorite physical activities (fitness, sports, etc.) you like to engage in?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

9. What are three new physical activities you would like to try out (again)?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Sad Facts about  
University Life that  
Andrews aims to change**

*A majority of college  
students gain weight  
and body fat in college  
(particularly during the  
first two years).*

## D. EXAMPLE DAY OF LIVING LIFE TO THE FULLEST

The following example showcases the outline of what a day of implementing positive lifestyle behaviors can look like while you're studying at Andrews University. Each one of us should contemplate planning our day intentionally to make sure that all dimensions of wellness are given proper time and attention to strive to live life to the fullest.

TIME	WHAT
7 a.m.	Wake up & drink two cups of water
7:05 a.m.	Spend time in prayer & devotion
7:15 a.m.	Mini-fitness routine: plank 30 seconds and repeat five times
7:45 a.m.	Eat a healthy breakfast, which includes: one piece of fruit, protein and whole grains (Use this time to connect with friends or family in person or via technology)
8:30 a.m.	Start school/work day
10:30 a.m.	Mini-fitness break: 25 squats, 60-second plank, take a brisk five-minute walk Eat a healthy snack (e.g. a ½ handful of nuts) & drink two cups of water
12:30 p.m.	Eat a healthy lunch, which includes: two servings of veggies, one piece of fruit, healthy protein and whole grains (Use this time to connect with friends or family in person or via technology)
1 p.m.	Take a short 10-minute walk across campus after lunch (ask a friend to join you!)
3:30 p.m.	Mini-fitness break: 25 squats, 60-second plank, take a brisk five-minute walk Eat a healthy snack (e.g. a ½ handful of nuts) & drink two cups of water
5:30 p.m.	30–60 minute workout: include cardiovascular, strength and flexibility (take advantage of all the options on campus)
6:30 p.m.	Eat a healthy dinner, which includes: two servings of veggies and healthy protein (Use this time to connect with friends or family in person or via technology)
7 p.m.	Take a short 10-minute walk across campus after lunch (ask a friend to join you!)
7:10–10 p.m.	Time for study and practicing mental, spiritual and social wellness
10 p.m.	Off all technology, spend time journaling/self-reflecting, talking with friends, engaging with calm activities, prayer/devotion
11 p.m.	Go to sleep

*\*Adjust the time and components based on your obligations and personal needs, issues and situation.*

**Sad Facts about  
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Andrews aims to change**

*A majority of students  
do not get the minimum  
recommended amounts  
of moderate to vigorous  
physical activity.*



# SEMESTER-LONG BASIC TRANSFORMATION KICK-START

The implementation phase of taking action works like the game we played in elementary school. You start with one thing, then you add another while you keep the first thing going. This continues, simply adding one thing, then adding another and then another and so on. This process takes time, but remember, this is a wellness transformation for life—so the changes are not meant to be temporary, but rather sustainable. Small changes make a big difference for your health and wellness!

Do not expect to lose 100 pounds in four weeks or do 50 push-ups in two months. This process is slow, but it is absolutely worth it. The changes will come and be incredibly noticeable. The objective with being fully alive is primarily to ENJOY and LIVE life at your highest potential during the transformation process and thereafter!

Sad Facts about University Life that Andrews aims to change

*As fitness levels decrease and body fat and weight increases, positive attitudes towards healthy eating patterns decrease.*

## WEEK 1

**ACTION 1:** Right after you wake up, drink 2 cups of water each day.

**TASK:** Wear your activity tracker and just record how many steps you get in each day.

## WEEK 2

*Continue with Action 1 each day.*

**ACTION 2:** Get in 1,000 MORE steps per day than on the days during the previous week (Example: if on average you got in 4,000 steps per day last week, aim for 5,000 steps each day this week).

**TASK:** Decide on a place and content for daily spiritual fitness training in the morning time (5–10 minutes).

## WEEK 3

*Continue with Actions 1 & 2 each day*

*(Note: for Action 2, increase the number of steps per day by 1,000 each week until you get to 10,000 steps each day on average and then focus on maintaining that)*

**ACTION 3:** Spend 5–10 minutes in meditation/prayer/spiritual fitness in the morning.

**TASK:** Make sure you have enough fruit in the house for the entire next week (at least two pieces/servings for each day of the week).

## WEEK 4

*Continue with Actions 1, 2 & 3 each day*

**ACTION 4:** Eat two pieces of fruit per day (Example: one at breakfast, one at lunch).

**TASK:** Conduct an inventory of your kitchen and dispose of all sugary drinks (sodas, juices, etc.) not by drinking them, but by tossing them.

*\*Note: I am not in favor of wasting food or drink, however, I would prefer you not be the trash bin for harmful items.*

## WEEK 5

*Continue with Actions 1, 2, 3 & 4 each day*

**ACTION 5:** Drink only water (you can infuse with veggies, fruit or herbs) or herbal teas (non-caffeinated) and aim for getting at minimum 8 cups per day (monitor your urine—if it is clear or near clear, it is a sign that you are well-hydrated).

**TASK:** Take the 16 PF personality test online (<https://www.16personalities.com/free-personality-test>) and talk to your family, kids, partner, colleagues about your 16 PF results and encourage them to take it as well.

## WEEK 6

*Continue with Actions 1, 2, 3, 4 & 5 each day*

**ACTION 6:** Journal about how you feel about your personal health and wellness (physical, emotional/mental, spiritual, social) once this week.

**TASK:** Talk to your support partners and share your feelings and thoughts about the various changes you have made to your personal health and wellness behaviors.

## WEEK 7

*Continue with Actions 1, 2, 3, 4, 5 & 6 each day (except for Action 6—do that once per week)*

**ACTION 7:** Immediately after your morning spiritual fitness activity, find a window, stand by it, open it if you can, look out and raise your hands upwards and say: “Today is a gift and a privilege to be alive. I will rejoice today and be thankful for all I have and all that I am. I will live life to the fullest today!”

**ACTION 8:** Spend 5–10 minutes doing calisthenics after your spiritual fitness session in the morning. Do the following—if you can only do one of each, start with one and keep adding a repetition each week in the future:

- 10 squats
- 10 lunges
- 10 push-ups
- 10-second plank

*(repeat sequence five times)*

**TASK:** Make sure you purchase a variety of nuts (walnuts, almonds, etc.; unsalted)

## WEEK 8

*Continue with Actions 1, 2, 3, 4, 5, 6, 7 & 8 each day (except for Action 6—do that once per week)*

**ACTION 9:** Eat a small handful of nuts as an afternoon snack between lunch and dinner.

*\*Note: If you are allergic to nuts, DO NOT follow this action item. Instead, choose a veggie snack at this time of day OR another healthy protein you can eat as a snack.*

**TASK:** Prepare a jar/container and little pieces of blank paper.

## WEEK 9

*Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8 & 9 each day (except for Action 6—do that once per week)*

**ACTION 10:** Before you go to bed, write one thing you were grateful for today on a little note and put it in the jar (= gratefulness jar).

**TASK:** Prepare healthy breakfast food items for the next week, such as whole oats, fruits, nuts, whole-grain toast, etc. (there are many options here!) Pre-

pare what you think you would enjoy most and have some variety ready.

## WEEK 10

*Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8, 9 & 10 each day (except for Action 6—do that once per week)*

**ACTION 11:** Eat a healthy breakfast every morning within one hour of waking up.

**TASK:** Do an inventory of your kitchen and replace all white flour products with 100% whole grain/whole wheat products (= bread, pasta, rice, etc.)

## WEEK 11

*Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 & 11 each day (except for Action 6—do that once per week)*

**ACTION 12:** Only consume 100% whole grain/whole wheat products (if a white flour product is in front of you for any reason, do not consume it).

**TASK:** Review your personal schedule for the next week and arrange it in a way that it is possible to get at least 7–8 hours of sleep per night. Outline when you need to go to bed in order to be able to get 7–8 hours of sleep per night.

## WEEK 12

*Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12 each day (except for Action 6—do that once per week)*

**ACTION 13:** Sleep a minimum of 7 hours per night, ideally 8.

**TASK:** Journal each day this week how many hours you sit.

## WEEK 13

*Continue with Actions 1 through 13 each day (except for Action 6—do that once per week)*

**ACTION 14:** Sit less than three hours per day.

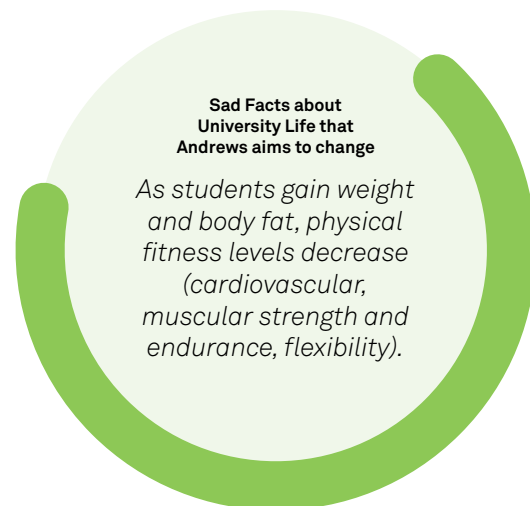
**TASK:** Ensure you have enough veggies in the house (fresh or frozen) for the next week to have about 3–5 servings every day (and then ideally follow through next week with eating 3–5 servings of vegetables every day).

# EVALUATION & SELF-REFLECTION

The fact that you are taking the time to read this guide, or at minimum are looking through, it means that you are at least contemplating some type of change regarding your personal health behaviors. This is a good thing! Some of you are maybe ready to take action, some of you are almost ready and some of you are just exploring the possibilities. Regardless, first of all, it is vital to conduct a thorough self-evaluation of what is actually currently going on in your life related to your health behaviors. Read the questions below and answer them thoroughly and honestly for yourself (answer the way it actually IS, not the way you know it is supposed to be!) using a separate sheet of paper or on an electronic document. You should also use these questions to self-reflect every six months as you continue through your life-long wellness transformation.

1. How many days per week do I exercise aerobically (moderate-vigorous; continuous) for at least 20 minutes or more?
2. How many days per week do I sit less than 3 hours per day?
3. How many days per week do I engage in intentional strength training targeting all major muscle groups?
4. How many days per week do I engage in intentional core strength training?
5. How many days per week do I engage in intentional flexibility fitness training, stretching all major joints statically?
6. How many days per week do I engage in leisure physical activity, in addition to any structured exercise, such as walking, cleaning the house, etc. for at least 30 minutes?
7. How often do I take the stairs instead of the elevator?
8. How many days per week do I drink at least 8 cups of water?
9. How many days per week do I sleep at least 7–8 hours during the night?
10. How many days per week do I eat at least 5 servings of fruit & vegetables?
11. How many sodas or sugary drinks (e.g. juice, flavored ice tea, etc.) do I drink per week?
12. How many caffeinated drinks do I drink per week?
13. How many meals per week do I eat that include fried food?
14. How many days per week do I consume “processed food”?
15. How many days a week do I eat a healthy breakfast?
16. How stressed out am I during the week?
17. What stress management methods do I seek out actively?
18. How do I usually cope with stress? What do I do?
19. How many alcoholic beverages do I drink per week?
20. How many cigarettes/e-cigarettes/cigars, etc. do I smoke per week?
21. How much do I weigh?
22. What is my BMI and how does it relate to the norms?
23. What is my body fat percentage and how does it relate to the norms?
24. How often do I have a complete physical and lipid panel done?
25. How often per week do I intentionally engage in spiritual meditation/prayer/reading?
26. How often per week do I intentionally engage in mental/emotional wellness practices, such as journaling, deep breathing, positive self-talk, therapy, etc.?
27. How often per week do I meaningfully connect with my family members?
28. How often per week do I meaningfully connect with my friends?

29. How often per week do I meaningfully connect with God?
30. How often per week do I intentionally clean/organize my environment at home and work?
31. Do I keep an organized planner/calendar?
32. How often per week do I intentionally do something for somebody else without personal gain/profit?
33. How often do I manage/review my finances/budget?
34. Do I have any debts? How much? Why?
35. What are the five most important things for me in my life? (Write them in order of priority.) Why?
36. In my own words, what does the ideal good life look like for me?
37. Do I believe that I have the power to change my current health and wellness status—YES or NO. Why or why not?
38. Imagine yourself at 75 years of age. What does your ideal life look like at that age?
39. What are the top three life goals/accomplishments you are aiming for?
40. Write a couple of paragraphs describing your ideal dream world as it relates to your health, wellness and fitness (write it in the present tense as if it were true).
41. Describe your quality and quantity of life now and in the future if you do not make any wellness changes. What are the risks you would be taking? How will not making a wellness transformation impact the people that you care about and love? Talk to them and have a conversation about this (e.g. your parents, kids, spouse, friends, etc.)



INFOGRAPHIC SOURCE:  
*Review of five studies of university campuses in the United States: Washington University in St. Louis, Auburn University, University of Nebraska-Lincoln, Tufts Longitudinal Health Study, Andrews University*

***Andrews University  
Wellness cheers you on  
and wishes you God's  
blessing for your wellness  
transformation journey!***

*Please contact us if you  
have any questions or  
need assistance.*

[www.andrews.edu/wellness](http://www.andrews.edu/wellness)