

GRAND OPENING UNIVERSITY HEALTH & WELLNESS

TOP 8 DORM ROOM RECIPES

MEET
THE
WELLNESS
ACTION
TEAM

WELLNESS
FEST 2016

EXCLUSIVE
COVERAGE

HEALTH SEMINARS

WORLD RECORD-

BREAKING ATTEMPT



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Andrews is Talking About

Planking everyday at 3:00 - The Wellness Lounge Grand Opening - Activity Trackers - Lunch Walks - Chia Seeds - Nut Milks - Plant Based Diet - Fit Breaks - Green Smoothies - Sugar is the New Fat - Wednesday 5K - LIVE WHOLLY - Mindful Eating - Saying No to Fad Diets - Sitting is the New Smoking - Green Space - Whole Foods - Standing Desks - Guinness World Record Situps - E-Wellness Platform - Wellness Transformation - 10,000 Steps a Day - Move More, Sit Less! - Infused Water

Want to contribute? Email wellness@andrews.edu for your interesting trends and topics to be featured in the next LIVE WHOLLY fall edition.



WHEN: DAILY
HOW LONG: WHATEVER YOU CAN DO
WHERE: WHEREVER YOU ARE
WHO: EVERYONE

POST PICS TO SOCIAL MEDIA: #AULIVEWHOLLY

THE NEW UNIVERSITY HEALTH & WELLNESS INITIATIVE
IS SPONSORING THIS NEW DAILY ACTION TO
TRANSFORM THE CAMPUS CULTURE & COMMUNITY FOR
GREATER WELLNESS!

JOIN THIS MOVEMENT BACK TO OUR FUTURE
#AULIVEWHOLLY



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Wellness Council

The Health & Wellness Council at Andrews University had its inaugural meeting on Sept. 23, 2015. Members represent the undergraduate and graduate student body as well as faculty, staff and the community. The Health & Wellness Council is chaired by the director for University Health & Wellness and each member serves for a three-year term.

Health & Wellness Council responsibilities include to advise the director for University Health & Wellness on overall institutional goals; to discuss and recommend health and wellness initiatives and activities; to evaluate effectiveness of all health and wellness activities; to report outcomes to the President's Cabinet; and to design a long-term strategic plan for Andrews University Health & Wellness.

Director
Dominique Wakefield

Members
Dan Agnetta
Sherine Brown-Fraser
Emily Carlson
Steve Yeagley
Judith Fisher
David Grellmann
David Jardine
Donald Keele
Don May
June Price
Je Ann Semeleer
Tom Shepard
Jason Shockey
Niels-Erik Andreasen
Frances Faehner

Wellness Action Team

The Wellness Action Team supports and carries out the mission of the Andrews University Health & Wellness initiative. It is comprised of student individuals that are currently studying health related fields and have a passion to promote a wholistic lifestyle.



FITNESS TEAM
Aliz Jimenez
Ernesto Rodriguez
Jared Hagerman
Shelly Grellmann*

WELLNESS AMBASSADORS
Aliz Jimenez
Emily Walter*

PMC HEALTH MINISTRIES
Colette Covrig
David Cady
Dominique Wakefield*
Judy Montilla

NUTRITION TEAM
Colette Covrig*
Judith Montilla
Priscila Cisneros
Rafael Gonzales

JOURNAZINE TEAM
Rafael Gonzales*
Shelly Grellmann

ASSESSMENT /RESEARCH /EDUCATION
Aliz Jimenez
David Cady
Emily Walter
Minjee Hong*

* Indicates Team Leader



Director's Letter

Dominique Wakefield

Director of University Health and Wellness



The University Health & Wellness Team is delighted to launch the new **LIVE WHOLLY Journazine**: a blend of a journal and magazine about health, fitness and wellness! The purpose of this Journazine is to communicate current, evidence-based and practical information and tips. In addition, it will feature elements related to the Andrews University community, locally and globally, to inspire all to make positive health and wellness changes!

The new Andrews University Health & Wellness initiative envisions creating a vibrant culture of health and wellness at Andrews University as well as in the local and global community with the focus to **LIVE WHOLLY**. At Andrews University, we define **wellness** to be **an active process of optimizing every aspect of our multidimensional self to harmoniously reflect the image of our Creator**.

It is our mission to value, emphasize and reestablish care and training for the physical body as foundational to spiritual, mental, relational and professional wellness. We have determined to affirm to the roots of Adventist education. Adventist education has been counseled that, "both mental and spiritual vigor are in great degree dependent upon physical strength and activity" ("Education" 195).

The Andrews University Health & Wellness initiative is grounded in a wholistic philosophy that calls for the harmonious development of body, mind and spirit in service to others. The partnerships with all other entities on campus and also many entities off campus are vital in making Andrews University the healthiest university in the world!

The new Health & Wellness Council, the Wellness Action Team and I, the director for University Health & Wellness, sincerely hope that you will enjoy the LIVE WHOLLY Journazine and practically apply the tips and info to your personal lives.

We look forward to receiving your feedback at: wellness@andrews.edu

Live healthfully,

Dominique Wakefield



WEDNESDAY 5K WALKS @ 5 PM

START: OCTOBER 14, 2015

WHEN: WEEKLY

WHERE: MEET AT ANDREWS SCULPTURE

WHO: ANYONE*

*INDIVIDUALS UNDER AGE 18 MUST BE ACCOMPANIED BY A LEGAL GUARDIAN

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GRAND OPENING

A new era of university healthy living, the University Health & Wellness Lounge

by Shelly Grellman, designed by Rafael Gonzales

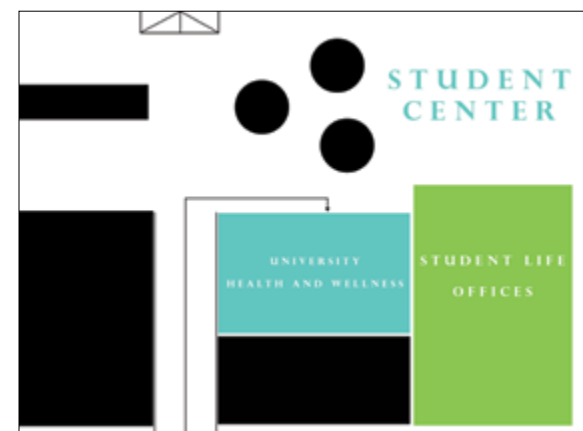
Monday, Nov. 30, 2015, marked an exciting day for Andrews University Health & Wellness. President Andreasen, Health & Wellness Council members, Wellness Action Team members, and Andrews University students and community members gathered to watch the cutting of the wellness lounge ribbon. President Andreasen shared briefly on how the University Health & Wellness initiative was born, and his goals for the initiative from this point forward. Next, Dominique Wakefield shared her plans and goals for University Health & Wellness.



What is the Wellness Lounge used for?
The wellness lounge serves as the University Health & Wellness office, but it is far from a typical office. It features nontraditional seating, standing desks, a relaxation station, and a wide variety of health and fitness equipment. The Wellness Lounge also offers many services. The full schedule of Wellness Lounge services (Wellness Menu) can be found at andrews.edu/wellness.

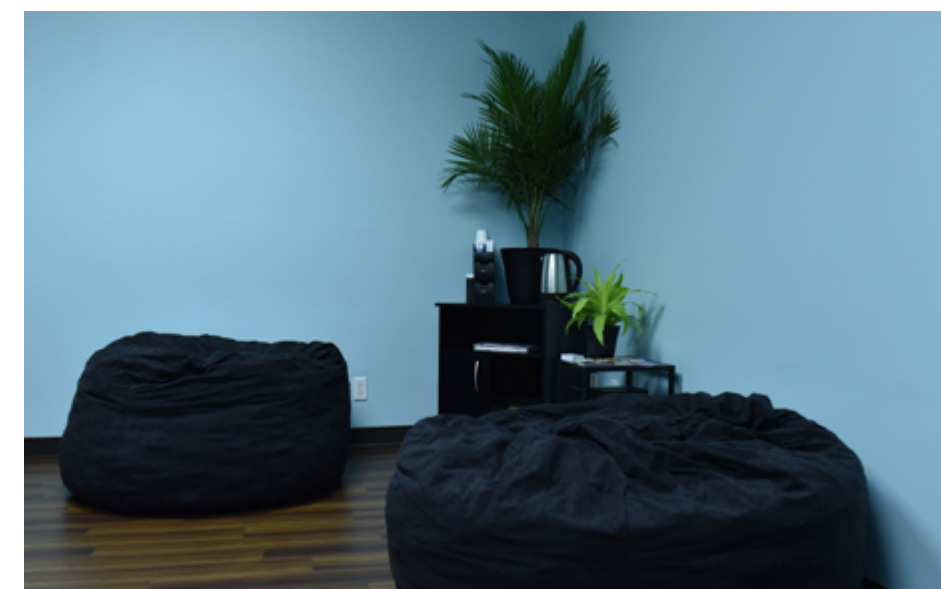
Where is the Wellness Lounge?

Located in the Campus Center right next to the Student Life offices.



Some of the services offered by the Wellness Lounge:

- Fit breaks
- Walks
- Real Body Age
- Fitness classes
- Workshops
- Relaxation station
- Hot herbal tea
- Fitness equipment
- Health & Wellness information
- Fitness/wellness assessments



Got a Sweet Tooth?

Take a glimpse at the sugar levels of your favorite sodas, juices and more.

Infograph by: Rafael Gonzales

1



Milkshakes

McDonald's Strawberry Shake

Serving size=354 ml
Sugars=60 grams

Sodas

Coca Cola

Serving size=375 ml
Sugars=40 grams



2

3



Teas

Lipton Ice Tea
(peach flavor)

Serving size=500 ml
Sugars=26.5g

Soy milk

Silk Vanilla Soy milk

Serving size=240 ml
Sugars=9 grams



4

5



Water

Deja Blue Purified
Drinking Water

Serving size=591 ml
Sugars=0 grams

The healthiest drink is water—coming in at 0 grams of sugar as well as a hydrating boost to get you through the day. It is important to watch the sugars you consume. Drinking sugary drinks is always easy, so beware! All in all, self-control is the solution to being healthy.

First Annual Health & Wellness Fest

by Gaby Fernandez

On Jan. 12 & 13, 2016, University Health & Wellness held their first Health & Wellness Fest here on campus. More than 500 people attended the two-day event! Some of the programs that took place were: Tuesday Choice “Fit for 2016” presentation, the 3 p.m. Plank Challenge, Fit Breaks, Wellness Fair, AU Lunch & Learn, the World Record Breaking Situp Attempt, Wednesday 5K Walk and special presentations featuring our guest speaker, Dr. Chidi Ngwaba, who came all the way from England to share about his upcoming book, “Life Colours.”

Of all the events, the Live Wholly Wellness Fair and the Guinness World Record-breaking sit-up attempt were the two with highest attendance. The fair was a success with more than 15 booths ranging from nutrition and food demo workshops to physical fitness assessments to various vendors promoting their health and wellness businesses to finding out your real body age through a full body scan assessment. “I was really impressed with all that this year’s Wellness Fair had to



offer in comparison to last year’s,” said an attendee. Students, faculty, staff and community came by and had a great time participating in each of the activities.

By far the best attended event was at the attempt to break the Guinness World Record of doing 503 sit-ups simultaneously. Despite the cold wintry weather that day, 528 people—adults, students and kids came



out from the community, Andrews Academy and the Andrews campus to participate in this challenge to break a world record! After three attempts for everyone to perform the sit-ups correctly, we fell short by only seven people! But we certainly aren’t giving up. We are hoping that this coming September 2016,

Wellness Fair • Fit Breaks • Special Workshops • Plank Challenges • Special Guest: World-Renowned Dr. Chidi Anukwuem Ngwaba (UK) • 5K Awareness Walk • Lunch and Learn • and much more!

we will attempt to break it once again. This time we will practice ahead of time! This event took place in Johnson Gym and we definitely had more people than we expected and are grateful for such an awesome turnout. Thank you to all who helped us out!



“As an employee I enjoyed the anti-stress seminar the most. Insight from representative research was shared and simple tips were given on how to reduce stress. Because my own life is constantly charged with stress I long for a life that has an acceptable pace.”

Oliver Glanz
Assistant Professor, Department of Old Testament



Top 8
Dorm Room
Recipes


Writers: Prisila Cisneros
Colette Covrig
Designer: Rafael Gonzales


Ever wondered if you could create the most scrumptious spaghetti squash vegan tacos or even BBQ chickpea chopped salad inside your dorm room? Today is the day you will enlighten yourself and others with eight of the easiest, tastiest and creative dorm room recipes.

Let's get started!

Microwave Spaghetti Squash

 20 minutes

 Water, squash, salt, pepper, butter, spaghetti sauce, oil, Parmesan cheese

 Cut squash in half lengthwise and remove seeds and fibers. Cover one side with plastic wrap and refrigerate. Will keep for several days.

Place other half of squash in Pyrex bowl of loaf pan with cut side up. Add $\frac{1}{3}$ cup water and cover with waxed paper. Cook on high for four minutes.


Turn bowl one-quarter turn and cook on high for four minutes. Turn bowl one-quarter turn and cook on high for another four minutes. Check for tenderness.


Scrape strands out with fork. Season with the salt, pepper, butter or sauce or oil, and Parmesan cheese.



Vegan Tacos

 12 minutes

 1 tsp of olive oil, 1 onion, 1 summer squash, 1 jalapeno, 1 tbsp of taco seasoning, 1 lime, 1 can of black beans (drained and rinsed), 10 small corn tortillas, avocado (sliced), lettuce (sliced), tomato (diced), olives

 Cut onions into half moons. Slice squash and jalapenos. Heat beans in a small pot or microwave. Heat oil in a pan over medium heat and add onions.

Cook onions for three minutes and add squash and seasoning. Squeeze in the juice from one half of the lime. Stir gently and remove from heat once the squash is tender.

Meanwhile, heat tortillas in a small pan. Assemble tacos and slice the remaining portion of the lime for garnish.





Oatmeal Bar

5 minutes

¾ c of whole oats, 1½ c soy milk or almond milk (enough to completely cover oats), ¼ tsp salt

Microwave for three minutes, stirring every 30 seconds.

Mold into a bar shape and enjoy.

Optional toppings:
honey, maple syrup, peanut butter, almond butter, cinnamon, flax seeds, raisins, craisins, dates, nuts, banana, apples slices, blueberries, pineapple, shredded carrots, shredded coconut, chocolate chips, granola, cereal, graham crackers



Lettuce Wraps

8 minutes

½ c pre-cooked microwave-ready brown rice
 ¼ c chopped carrots
¼ c peas
¼ tsp garlic powder or sauces from the cafe
¼ c edamame beans
¼ c pineapple bits
Handful of baby spinach
1–2 tbsp of Asian sauce or to taste (in wok area of cafe)

Mix. Microwave ingredients until hot.

Let sit together to blend flavors.

Have 4 to 5 large, washed lettuce leaves (like Romaine) ready to spoon rice mix into and fold closed.

If everything falls out, eat it like chips n' dip.

Green Ramen

9 minutes

Hot water
1 packet of Ramen noodles
3 sheets of nori (seaweed)
Handful of baby spinach
Few pieces of baby corn
¼ c chopped green onions
Handful of cubed tofu (there are usually tofu slices in the cafe's sandwich section)
1–2 tbsp of Asian sauce or to taste (in wok area of cafe)

Add water and heat Ramen noodles according to package instructions.

Tear nori sheets into rectangle strips.

Add nori strips, spinach, tofu cubes and sauce to noodles.

Let sit a minute or two to blend flavors.



Chocolate Mug Cake

4 minutes

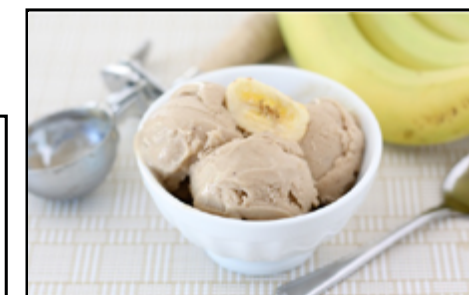
4 tbsp flour
3 tbsp coco powder
¼ tsp baking powder
3 tbsp honey or maple syrup
2 tbsp soy or almond milk

Mix dry ingredients in a microwave-safe mug. Add wet ingredients and stir well until there are no lumps.

Heat in microwave for one minute.

Take it out and test if the cake is well cooked.

Poke the top—if it springs back up it's done. If not, put it back in microwave for another 30 seconds. Enjoy!



Easy Banana Ice Cream

10 minutes

2 frozen, peeled bananas (frozen for at least 6 hours)
Honey or maple syrup

Carefully and finely slice. Mash with silverware fork (not plastic). Or just put in blender.

Optional toppings:
chocolate chips, peanut butter, dates, cinnamon, graham crackers, cocoa powder, Nutella, crushed pretzels, shredded coconut, nuts



Vegan Mac n' Cheese

5 minutes

1 c uncooked macaroni
1 c cheddar-flavor soy cheese
½ c unsweetened soy milk
2 tbsp nutritional yeast
½ tsp paprika
1 dash mustard powder

Boil cup of macaroni in salted water for about 7–8 minutes Drain and put into a microwave-safe dish. Add the soy cheese and mix well. Mix the nutritional yeast with the soymilk and pour in the dish too.

Add paprika and mustard powder and mix well again.

Microwave for 2–3 minutes or until all the soy cheese has melted. Mix well, and if it looks like there's still liquid at the bottom from the soymilk, cook again for another minute or so and mix again.



LIVE WHOLLY

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