



Anschutz Health and Wellness Center

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Fact Sheet

LOCATION

University of Colorado Anschutz Medical Campus
12348 East Montview Boulevard (between Racine and Quentin)
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DESCRIPTION

- Opened in 2012, the University of Colorado Anschutz Health and Wellness Center is part of the University's School of Medicine.
- The CU Anschutz Health and Wellness Center is a one-of-a-kind facility where science, clinical services, lifestyle education and community-based research come together to create the springboard for new thinking in the field of health and wellness.
- This 94,000 square-foot, LEED certified building, was funded by two visionary organizations: The Anschutz Foundation and the University of Colorado.
- The CU Anschutz Health and Wellness Center houses a fitness center, wellness clinic, bistro, research laboratories, a metabolic kitchen and conference space.
- Bringing together a state-of-the-art facility with top researchers and scientists, our goal is to create the nation's go-to research facility for wellness and integrated programs providing whole-person support.
- Our scientific, evidenced-based wellness strategies extend well beyond the walls of the center to reach communities, transforming lives every step of the way.
- When life is transformed, you see how wellness changes everything.

LEADERSHIP

- The University of Colorado Anschutz Health and Wellness Center is the vision of James O. Hill, PhD, an international leader in the fight against obesity.
- As Executive Director of Research & Outreach, Hill leads all research and programs at the center. He is the Anschutz Professor of Health and Wellness, and a professor of pediatrics, medicine, physiology and biophysics.
- Hill holds a Bachelor of Science degree from the University of Tennessee and Master of Science and PhD degrees from the University of New Hampshire in physiological psychology.

- Martha Van Gelder, MBA Executive Director of Commercialization and Operations joins Dr. Hill in leading the center. Van Gelder has over 20 years experience with major companies in media, educational programming, consumer products, and fitness and wellness fields. Her expertise in strategic planning, product development, marketing and financial management help further the center's mission of developing and delivering wellness solutions for individuals and communities.

MISSION AND VISION

- Mission: To transform the lives of individuals and communities through science-based wellness strategies.
- Vision: A world empowered by wellness.

RESEARCH

- Research is our foundation with over 100 renowned scientists and researchers studying obesity and chronic disease from the molecular level to the behavioral and lifestyle levels.
- At the leading edge of studies focused on nutrition and obesity for over 20 years, our team takes a unique interdisciplinary approach to studying disease prevention and wellness of mind, body and purpose.
- Our focus is on creating new thinking space around the health and wellness challenges of the 21st century, while approaching health promotion from many different dimensions.
- We conduct basic research studies that translate into meaningful clinical and community programs to make Colorado the healthiest state in the nation and a model for others.

FACILITY

State-of-the-Art Fitness Center spanning 33,000 square feet where membership is available to campus employees and community members:

- A team of credentialed personal trainers and exercise physiologists who are dedicated to helping our clients achieve their wellness and fitness goals
- Latest in fitness equipment innovation and results tracking from Technogym™
- Over 75 group exercise classes from yoga to cardiovascular to aqua fitness
- An indoor running track, 20 yard warm water fitness/therapy pool and whirlpool
- Luxurious, well-appointed locker rooms and private showers with dressing rooms
- Steam and sauna
- Health education and cooking classes

The Wellness Clinic is open to the public and offers a wide range of wellness programs and weight loss services:

- Researchers and experts led by Holly Wyatt, MD, associate director and clinical researcher at the University of Colorado Anschutz Health and Wellness Center.

- A team of registered dietitians provide personalized consultations, individual and group weight loss and weight management programs
- Nutritional and physiological assessments such as 24 and 72-hour Diet Analysis, BOD POD® and Resting Metabolic Rate (RMR)
- Proprietary Wellness Assessment and Report with physician consultation that measures 6 dimensions of wellness including sleep, stress, diet and nutrition, physical fitness, metabolic fitness and quality of life.
- Behavior change and biofeedback consultations led by our licensed clinical psychologists
- Massage

Human Performance Lab uses scientific assessments and training to help athletes at any level improve their performance while significantly increasing endurance and strength through the following services:

- **Maximal Oxygen Consumption**— Examines peak oxygen uptake during structured incremental physical activity that reveals cardiovascular fitness levels
- **Lactate Threshold and Metabolism**—Tests the lactic acids in blood during exercise and offers an adjusted training plan
- **Fuel Metabolism and Nutritional Advice**— Explains when the body burns the most fat and when muscle fuel supply is low, and provides a plan customized to a person's unique needs
- **Training Zone Evaluation and Advice**— Determines the training zones that best match each person's unique metabolic and physiological profile, and prevents overtraining that can hinder athletic performance.

Metabolic and Demonstration Kitchens:

- Healthy culinary workshops
- Research studies on nutrition and wellness

Educational Grocery Lab sponsored by King Soopers:

- Store model to guide consumers and program participants on how to make better buying decisions to eat smarter to achieve their goals

Bistro Elaia features a healthy, gourmet menu created by master chef, Paolo Neville:

- Open to the public Monday to Friday from 6:00am-3:00pm serving breakfast and lunch
- Dine-in, take-out or delivery; catering services to groups available
- Periodic cooking classes

Conference and Meeting Space available to campus staff and the public:

- Executive boardroom seating up to 20
- Wellness Lounge for entertaining or relaxation
- Rooftop Event Center, an outdoor space for groups up to 220

Green Roof where healthy fresh produce grows on-site:

- Funded by the historic Nu Sigma Nu medical fraternity
- Relaxation area with chairs and tables for connecting, congregating and socializing

COMMUNITY OUTREACH AND SUPPORT

- We create science-based community wellness programs that promote health and well-being and positively impact lives. Here are just a few of these programs:
- Cancer Exercise Program teaches cancer survivors the best exercise methods to improve survivorship. The program is designed to decrease fatigue, improve strength and balance, and establish lifelong positive behavior changes.
- 5th Gear Kids, a program funded by the Colorado Health Foundation and developed by the Anschutz Health and Wellness Center, in collaboration with Children's Hospital Colorado, Aurora Public Schools and Cherry Creek School District developed to engage, educate and empower 5th graders to make healthy decisions about food and physical activity through an understanding of energy balance. The design and implementation phase has been completed and we are now working with partners to develop a scalable model to release the program across Colorado and the nation.
- Diabetes Prevention Program is part of the CDC-led national evidence-based lifestyle change program designed to prevent type 2 diabetes. We provide this program to Hispanics in our local community. Participants work with a lifestyle coach in a group setting during 16 weekly core sessions and 6 monthly post-core sessions. This program is often available at no cost.
- Philanthropy and Community Support is vital to our continued ability to develop new approaches to research, expand programming in schools and communities and bring advances to more people, more quickly. For information on giving, please contact Kathleen Jaynes, director of development at 512-658-7067 or Kathleen.jaynes@ucdenver.edu

PRESS CONTACT

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