Welcome to Healthy Habits!

On behalf of the administration of Calvin College, I am honored to give my strong endorsement to a program that is vital to carry out our mission with excellence.

Our Reformed Christian perspective calls us to be good stewards of God’s creation, including ourselves. We have been called to participate integrally in the renewal of God’s world to bring about shalom in every facet of Creation.

Healthy Habits takes this mandate seriously, encouraging Calvin faculty, staff, retirees and respective spouses toward individual and community renewal…physically, spiritually, emotionally, intellectually and socially. Calvin is a community committed to pursuing and supporting each other in living healthy, productive lives.

Practically speaking, healthy living leads to reduced illness, increased productivity, improved morale, lower health care costs, and enhanced spiritual, psychological, and physical well-being.

Healthy Habits is dedicated to providing opportunities that promote healthy living, creating a supportive environment for the pursuit of wellness goals, and encouraging employees and their families to treat their health as a priority for lifelong Christian service.

To Your Good Health!

Michael Le Roy
President, Calvin College