



Mitch Martens

**Clinical Wellness Director
Huntington Health
Pasadena, California**

Mitch is the clinical wellness director for Huntington Health in sunny Pasadena, California. With over 25 years of experience, he's turned the boring stuff—like academic theories and professional wisdom—into real-world applications that make people's lives better (and sometimes more fun). His guiding principle? Simple: Humans are motivated at the heart. Go there, and the possibilities are endless. Or at least, that's the hope—He's still figuring it out. Now, rather than listing off all his fancy awards and accomplishments (because who needs that kind of bragging?), Mitch prefers you get to know the real him. For starters, his freezer has an entire shelf dedicated to ice cream. Yes, an entire shelf. He appears comfortable on stage, but put him in a social setting, and he might just duck out the back door. The only crunch he's interested in is the sound of tacos. Lastly, Mitch reports being on a lifelong wellness journey . . . often taking the scenic route.