

Abstract

This project will explore aspects of wellness for counselors-in-training (CITs) during their field experiences after receiving training in a research-based health/wellness model, *Choosing Health & Happiness* (CHH), developed by a counselor educator. Based on Nobel prize winning research indicating that lifestyle changes in nutrition and physical activity can lengthen telomeres and slow the aging process, this model incorporates evidence-based strategies for improving wellness and combating stress and anxiety. This study will determine the impact of ongoing *CHH* training and support on CITs own health and wellness and their comfort level in sharing the approach with colleagues at their practicum sites.