



Mitch L. Martens, M.A.

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Mitch Martens is the clinical wellness director for Huntington Health in Pasadena, California. For over 25 years, Mitch has cultivated academic and professional experiences and applied them to the importance of turning theory into practical applications. He follows a simple philosophy that can be found in any of his programming: Humans are motivated at the heart, and when you risk going there, the possibilities are endless. What might be more interesting is knowing that Mitch has a secret drawer of snacks in his desk. To quiet the inner critic, he has learned to fake it in social settings. He wants an apology from the person who invented burpees. And sadly, he recently learned eating a row of Thin Mint Girl Scout cookies will not make you thin.