



## **Mitch Martens, M.A.**

Clinical Wellness Director  
Huntington Health  
Pasadena, California

---

Mitch is the clinical wellness director at Huntington Health. For over 25 years, he has worked at the intersection of clinical care and behavior change, helping individuals and organizations turn evidence-based wellness strategies into something people might actually try. His take on worksite wellness flips the script: Stop telling people how to live and start helping them optimize the life they want. He focuses on real-world, human-centered strategies that meet people where they are and move them forward in ways that truly matter. He has led system-wide wellness strategies, designed behavior change programs, and translated research into real-world impact for healthcare teams and the communities they serve. Along the way, he's learned a few important things: (1) stand outside (your comfort zone) to become outstanding, (2) relationships are the most undervalued asset in any wellness strategy, and (3) what you measure drives results. What you feel drives behavior. If you're looking for a little positive behavioral friction in your life . . . Mitch is your earthquake.