

Another Community Health Champion Team



Name: Bill Powell, Susasn Wiggins, Sandy Huerta, Cynthia White, and Connie Ladner

Group: Community Members

Activity: P90X Plus / Insanity 60 Day Total Body Program

Goal: Increase strength and endurance for Overall Health.

Schedule: 6 days a week-4:00 p.m. Wyatt Gym

Contact: 662.846.4567

GET ACTIVE/GET FIT ON CAMPUS

Faculty, staff, and students across campus who wish to become leaders, promoters, and facilitators of physical activity or healthy nutrition will be known as "health champions." Action plan forms can be found in HPER-Wyatt Center and Ewing 367.

DELTA STATE UNIVERSITY
Healthy Campus/Community Initiative

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Blue Cross & Blue Shield of Mississippi Foundation
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