



# Now Available!

The DSU Fitness Center now has HPER trained assistants to facilitate your health and wellness goals.

## If you could use help

- Understanding what equipment to use in order to maximize your time;
- How to set up a fitness program;
- How to use the treadmill, recumbent bike, stair stepper;
- Understanding the functions on the cardiovascular equipment;
- How to enter personal information in order to show your caloric burn;
- Or have other questions,

Then this program is for YOU!

Call to make an  
appointment **NOW!**  
Your body will thank you!

\*Assistants are available all regular fitness center open hours.

\*Must have a current OKRA fitness center use pass.

*To make an appointment  
or for more information :*

**Todd Davis**

Forest E. Wyatt Center  
Office 113

P: 662. 846.4570

[tdavis@deltastate.edu](mailto:tdavis@deltastate.edu)



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Healthy Campus/Community Initiative



IN PARTNERSHIP WITH  
Blue Cross & Blue Shield of  
Mississippi Foundation