

Our First Community Health Champion!

Name: Bryan Varner

Activity: leads Hospital Indoor Cycling Spin Group

Goal: to inspire others to be active through participating

Participants: 12

Schedule: Monday & Wednesday 8-9 p.m.

Contact: Todd Davis: 846-4570

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

IN PARTNERSHIP WITH

Blue Cross & Blue Shield of
Mississippi Foundation

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