

# DSU's First Extreme Health Champion!

I recently climbed the second highest mountain in the lower 48 states!

**Group:** Mississippi Hikers, Backpackers, and Climbers

**Activity:** hiking, hang gliding, skydiving, climbing, canyoneering, canoeing, kayaking

**Goal:** to complete the Smoking Cessation program

**Participants:** whoever wants to join

**Contact:** Don Ehrhardt. 846-4760

## 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  
A subsidiary of Blue Cross & Blue Shield of Mississippi.