

Another Student Health Champion!

I've burned 11,200 calories in 8 weeks of Karate!

Name: Tabatha Salsbury

Activity: Karate/Cardio Kickboxing

Schedule: Cardio Kickboxing 5:45-6:30,
Karate 6:45-7:45

Dept: HPER PEAK Project
Physical Educator

Goal: To integrate karate/kickboxing concepts
into a physical education curriculum for kids

Contact: 662-846-4570

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
A Subsidiary of Blue Cross & Blue Shield of Mississippi.