Another Student Health Champion!

Name: Tabatha Salsbury
Dept: HPER PEAK Project
Physical Educator
Activity: Karate/Cardio Kickboxing
Goal: To integrate karate/kickboxing concepts into a physical education curriculum for kids
Schedule: Cardio Kickboxing 5:45-6:30, Karate 6:45-7:45
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.

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