

Group: Kappa Delta Sorority
Activity: Walking Fitness Trail
Goal: 500 miles, as a group,
for the month of April
Schedule: Morning, noon, afternoon
Participants: 50
Contact: Elizabeth Fike:
662-846-4570

DSU's First Health Champion Group!



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.