DSU’s First Student Health Champion!

Name: Natasha Smith  
Dept: HPER Graduate Student

Activity: Insanity™ DVD: 60 Day Fitness Challenge  
Goal: Finish 60 straight days of fitness program

Schedule: 6 a.m. every day  
Contact: nsmith7@okramail.deltastate.edu

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.