

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.

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.