Another Community Health Champion Team

Name: Bill Powell, Susasn Wiggins, Sandy Huerta, Cynthia White, and Connie Ladner
Group: Community Members
Activity: P90X Plus / Insanity 60 Day Total Body Program
Goal: Increase strength and endurance for Overall Health.
Schedule: 6 days a week-4:00 p.m. Wyatt Gym
Contact: 662.846.4567

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.