

## HEALTHY U OPENS NEW HOME AT SU



Salisbury University got a little healthier in 2008. Healthy U of Delmarva opened its new home on SU's campus at 103 Power Street during a ribbon-cutting ceremony Tuesday, March 4.

Healthy U officially became part of SU's affiliated community outreach network at the beginning of this year. Founded in 2002 by civic leader Mitzi Perdue, Healthy U takes a community approach to better living through diet, exercise and other habits.

"As the new home of Healthy U, Salisbury University is proud to promote healthy lifestyles and to uphold the legacy of Mitzi Perdue, a true civic leader and friend to our region and this campus," said SU President Janet Dudley-Eshbach. "Salisbury University's student body has been recognized as one of the most physically fit in the country and the Healthy U program is something our campus will embrace. We are honored that Mitzi has selected the University to carry on her important work."

According to national statistics, Wicomico, Worcester and Somerset counties report more obesity than the U.S. average. Additionally, the number of people in Wicomico County using tobacco is also higher. Perdue said she believed through research, SU could help curb these staggering statistics.

"Having Salisbury University in charge of Healthy U is, for me, a dream come true," said Perdue. "The University, with its ability to provide academic rigor to the study of community health improvement, will be able to take Healthy U to a much higher level than any individual ever could. Now I'm dreaming that more people than ever will experience the energy, the zest, the longer and healthier lives that improved lifestyles can provide."

SU plans to continue many of the Healthy U traditions founded by Perdue, including keeping membership free and offering monthly prize drawings. Organized activities, including group walks and even scavenger hunts, will be offered at no cost to members. A membership card good for discounts at local businesses is also available.

All of this remains possible because of the perpetual support of Mitzi Perdue, community sponsors and the resources of Salisbury University. "The University has a tremendous student body, faculty and staff that can assist individuals and businesses in becoming successful in meeting their goals," said Jennifer Berkman, director of SU Student Health Services. "Our faculty have a wealth of knowledge to share and can guide students in this opportunity to learn about the importance of community involvement and the

benefits of being a part of such a large and meaningful project."

Individual departments also will aid Healthy U's development at SU: "The Health, Physical Education and Human Performance Department is anticipating the development of strong collaborative efforts," said Dr. Susan Muller, department chair. "We will be working closely with the administrative staff of Healthy U to establish events that will bring the community and the University together in efforts to promote healthy activities."

Members may join Healthy U not only as individuals, but as businesses, schools, churches and government organizations, as well. SU will also increase the types of data available to members at the time of registration by giving them even more information on how they can strike a healthier life balance.

"Healthy U and SU are a perfect fit. Both are about educating people, with Healthy U focusing on the importance of exercise and healthy eating," said Amy Waters, director of leadership giving and stewardship, who oversees the Healthy U program. "As the new home of Healthy U, the University is proud to help promote these lifestyles."



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