



COMMIT TO BE FIT!



SUMMER 2017

CSUN'S ONLY FREE EXERCISE PROGRAM

WHEN: Join us **TUESDAYS** and **THURSDAYS** beginning
06/6/2017 through 08/03/2017
5:30pm-6:30pm

WHERE: CSUN, Redwood Hall, Room 200

HOW: Please download and complete each form found on:

<http://www.csun.edu/development/training/events/commit-be-fit-summer-2017>

- PAR-Q Form
 - Liability Waiver Form
 - Participant Data Form
 - Photo Release Form
 - Photo Release Form
 - Physician Clearance Form**
- **Required if any "YES" response on PAR-Q form.

Commit To Be Fit is designed for all fitness levels!

Join us for an hour of energy!

This wellness program brings you toward a state of better overall wellness and quality of life through physical fitness. CTBF addresses flexibility, balance, muscular **strength**, **endurance**, **weight loss** and maintenance through **exercise and nutrition education!**



For more information **contact:**

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