



Hello,

My name is Steven Loy and I'm faculty in Kinesiology.

I invite you to click on (<https://3winsfitness.com/>) and learn about our new **Back to Basics** and **365 Journey to Health** programs.

What is it? Here's a 2 minute video you can click on for a glimpse of your journey: [https://www.youtube.com/watch?v=RlIEgnyw\\_lw&feature=youtu.be](https://www.youtube.com/watch?v=RlIEgnyw_lw&feature=youtu.be).

We kicked off on July 15th but we welcome anyone to join anytime and we will get you started at the beginning.

I WANT you to have career-long health and wellness. Please join me. Send me an email if you have questions at [steven.loy@csun.edu](mailto:steven.loy@csun.edu).

**Bottomline:** Do you want to get healthier?

We will have CSUN experts in nutrition, motivational psychology, mindfulness, medicine, and exercise to guide you on 365 JTH. Ready to go now? Click on <https://3winsfitness.com/journey/>.