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**Media Alert**

**Take the Challenge to “Fall Back into Fitness”  
with the SRC and Oasis**

- WHAT:** The University Student Union (USU) invites all Matadors to test their fitness skills and take on this fall semester challenge during “Fall Back into Fitness” with the Student Recreation Center (SRC). This six-week challenge will motivate you to create a healthier lifestyle by engaging in all the amazing virtual workshops and fitness opportunities offered by the Oasis and SRC. If you’re ready to step up your workout game, then register now from Monday, Sept. 7 to Sunday, Oct. 11 and check out challengerunner.com where you can join the “Fall Back into Fitness” program. Take it to the next level this semester with a great fitness challenge that’s just right for you!
- WHO:** Amanda Christianson, Manager Fitness Programs and Wellness, is responsible for this event.
- WHEN:** Monday, Sept. 14 to Sunday, Oct. 25
- WHERE:** challengerunner.com and SRC social media
- WHY:** This is a fun opportunity for the CSUN Community to come together and get fit during the fall semester with the help from the SRC.
- BACKGROUND:** “Fall Back into Fitness” is designed to create a fun and exciting challenge where participants can get active this fall along with the chance to win cool prizes. Participants can level up by attending virtual workshops by the Oasis and SRC as well as earning points by engaging with the SRC social media. To compile your points, participants must manually enter their activity during the program period through the Challenger Runner webpage or app. Join the fitness fun this fall with the SRC! For more details on the event, please visit csun.edu/src.

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, prayer room, lactation room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center, Veterans Resource Center, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*