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## Media Advisory

### Here's How to Avoid Your Holiday Food Coma with the Student Recreation Center's "Turkey Burn-Off Challenge"

- WHAT:** The Student Recreation Center (SRC) at the University Student Union (USU) invites all SRC members to deal with the effects of eating too-much-good-stuff on Turkey Day by simply staying in shape all week long with the "Turkey Burn-Off Challenge" from Monday, Nov. 21 through Sunday, Nov. 27. Just sign up and log your workout activities in at least two of the three set fitness goals for your chance to win a cool prize. All members who register will receive a limited edition commemorative t-shirt while supplies last!
- WHO:** Amanda Christianson, SRC Fitness Coordinator, is responsible for coordinating this event.
- WHEN:** Registration open from Monday, Nov. 14 to Friday, Nov. 25  
Challenge will run from Monday, Nov. 21 to Sunday, Nov. 27  
\* The SRC will be closed on Thanksgiving Day, Thursday, Nov. 24
- WHERE:** SRC and Oasis Wellness Center
- WHY:** Encourage SRC members to stay healthy over the holiday break with a fun and interactive fitness challenge.
- BACKGROUND:** The three set goals for the "Turkey Burn Off Challenge" are cardio endurance, muscular strength, endurance and power and restorative. Each goal category includes numerous workout activities that can be completed at the SRC and Oasis Wellness Center and logged through the SRC Challenges Portal. To be eligible for a Fitness Essentials Pack grand prize, participants must accomplish at least two fitness goals by completing a minimum of three workout activities toward that goal. SRC members can begin registering for the "Turkey Burn-Off Challenge" at [www.csun.edu/src/src-fitness-challenges](http://www.csun.edu/src/src-fitness-challenges) starting today. Please visit the SRC website, [www.csun.edu/src](http://www.csun.edu/src) for more information.

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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, games 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 and Veterans Resource Center. To learn more, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*