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Media Alert

Fall Back Into Fitness this Semester by Getting Active with the SRC

- WHAT:** The Student Recreation Center of the University Student Union (USU) invites the CSUN Community to Fall Back Into Fitness and discover an even better version of yourself. From Monday, Sept. 13 to Sunday, Oct. 10, come engage in a variety of health and fitness activities as you step up and get active in the new semester. In addition, you'll earn points and win some great SRC swag and gift cards ranging from \$10 to \$75. Plus, the participant with the most points will receive a special grand prize to be announced at the start of the challenge. It all starts by creating a personal fitness routine that's enjoyable for you!
- WHO:** Amanda Christianson, Assistant Director, Fitness and Wellness.
- WHEN:** Monday, Sept. 13- Sunday, Oct. 10
- WHERE:** ChallengeRunner. Participants track their progress through the ChallengeRunner app for iOS or Android or the ChallengeRunner website and earn points.
- WHY:** This four-week program promotes the importance of incorporating a healthier routine in your daily life.
- BACKGROUND:** You're only four weeks away from a fitter and healthier you. Be sure to register on ChallengeRunner and join the "Fall Back Into Fitness 2021" program. For more information, please visit csun.edu/src or contact srcfitprograms@csun.edu.

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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, DREAM Center, USU Board of Directors, Computer Lab, Games Room, USU Programs and more. For additional information, please visit www.csun.edu/usu.