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## Media Alert

### Take the Perfect Path to a Healthier Lifestyle with the “Fit in 6 Wellness Program” from the SRC

- WHAT:** The Student Recreation Center (SRC) of the University Student Union (USU) is offering all Matadors the opportunity to reach their personal fitness goals with the virtual “Fit in 6 Wellness Program”. This fun and effective six-week fitness plan will run from Monday, Feb. 8 to Sunday, March 21. It will challenge participants to complete one physical activity per week while checking in with your Fit in 6 personal trainer once a week. Plus, during the second week of the program, you will receive an exciting fitness kit to be used in your weekly work outs at home!
- WHO:** Alfredo Padilla, SRC Fitness Training Manager, is responsible for coordinating this event.
- WHEN:** Monday, Feb. 8 to Sunday, March 21.
- WHERE:** Online through Zoom.
- WHY:** This challenge offers participants a comprehensive wellness program that will provide guidance, support and resources to help you achieve your fitness goals.
- BACKGROUND:** Don’t miss out on becoming a stronger, healthier you while getting a chance to win awesome prizes by completing the “Fit in 6 Wellness Program”. To participate, just register from now to Sunday, Jan. 31 through the SRC Portal and attend a virtual orientation. Fees are \$80 for students and \$100 for non-students. For more information on “Fit in 6”, the SRC and the USU, please visit [csun.edu/usu](http://csun.edu/usu).

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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).*