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Media Advisory

Enhance Your Journey to Fitness in Only Six Weeks at the Student Recreation Center's "Fit in 6" Challenge

- WHAT:** The Student Recreation Center (SRC) of the University Student Union (USU) is offering all SRC members the opportunity to take part in the comprehensive fitness program offered by the "Fit in 6" challenge. All those interested must register from Monday, January 14 to Wednesday, January 23 through the Fusion portal or in-person at the SRC front desk. Fee is \$60 for students and \$70 for non-students. Space for the challenge is limited.
- WHO:** Alfredo Padilla, SRC Fitness Training Coordinator, is responsible for coordinating this event.
- WHEN:** This event takes place from Monday, February 4th to Sunday, March 17th.
- WHERE:** This event is located at the SRC.
- WHY:** This challenge gives all eligible participants the opportunity to join a comprehensive wellness program that will provide guidance, support and resources to aid participants in successfully completing the program and helping to achieve their fitness goals.
- BACKGROUND:** During this challenge, you'll participate in a six-week program geared towards aiding in your fitness and nutrition journey. By participating, you'll be able to track your progress, register for group classes 2-days in advance, have one-on-one meetings with an assigned Fit in 6 Lead, four 30-minute personal training sessions, have access to web-based educational workshops, pre and post fitness assessments, goal-setting consultations, and special discounts on personal training packages. As an incentive for successfully completing the program, you will be awarded a \$25 Visa gift card and an entry into a raffle to win a personal training package with 10 sessions! For more information on the "Fit in 6" Challenge, the SRC and the USU, please visit 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, 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.