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## **Media Advisory**

### **The Student Recreation Center's "Fit in 6 Challenge" to Transform Matadors into Healthier Versions of Themselves**

- WHAT:** The Student Recreation Center (SRC) at the University Student Union (USU) invites all SRC members interested in changing to a healthier lifestyle to participate in the "Fit in 6 Challenge". This dynamic challenge is built around developing a 6-week body transformation that helps participants reach their fitness goals through specified program activities. A team of health and fitness professionals will provide participants with support and guidance, along with weekly accountability meetings. Registration will be open from Monday, Jan. 22 to Friday, Jan. 26.
- WHO:** Amanda Christianson, SRC Coordinator, is responsible for putting on this event.
- WHEN:** Monday, Feb. 5 to Sunday, Mar. 18.
- WHERE:** Student Recreation Center – Various Locations
- WHY:** "Fit in 6 Challenge" provides the platform to help SRC members set sustainable fitness and nutrition habits to enhance and improve their overall health.
- BACKGROUND:** This exciting 6-week challenge includes the following: pre- and post-fitness assessments, a customized program design, nutrition consulting, exclusive access to small group training classes and health & fitness workshops and a FitBook valued at \$25. To participate in the program, the fee is \$40 for students and \$50 for non-students. At the end of the program, participants who successfully complete the program requirements will receive a full refund of their registration fees and be entered into a raffle to win a \$100 Visa gift card. To register for the "Fit in 6 Challenge" or to get more information, please visit the SRC front desk or go [online through the Fusion Portal](#).

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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