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Media Alert

**Jumpstart Your Personal Fitness in 2021
With the “Move More Challenge” from the SRC**

- WHAT:** The Student Recreation Center (SRC) of the University Student Union invites all Matadors to get going now on your fitness goals for the new year by taking the “Move More Challenge”. It’s another great opportunity for you during our month-long “Swing Into Spring” event! From Monday, Jan. 4 to Sunday, Jan. 24, challenge participants will track their favorite fitness activities every day via Challenge Runner.com for a chance to win awesome prizes like at-home fitness equipment including speed jump ropes, resistance bands and a set of dumbbells. Get up and get yourself moving for the new year with the SRC!
- WHO:** Amanda Christianson, SRC Fitness Programs & Wellness Manager, is responsible for coordinating this event.
- WHEN:** Challenge runs from Monday, Jan. 4 to Sunday, Jan. 24.
- WHERE:** Participants will track their progress through ChallengeRunner.com on their smart devices.
- WHY:** This event allows all CSUN students, faculty, staff and alumni to start off the new year right with fun fitness activities while connecting with the campus through our month-long “Swing Into Spring” event.
- BACKGROUND:** The “Move More Challenge” is a special introduction for participants to start off their fitness journey for the year 2021. All Matadors interested in joining in the active fun can register through the SRC Challengerunner webpage (<https://csun-src.challengerunner.com>) from Monday, Dec. 28 till Saturday, Jan. 23. For more information, please visit csun.edu/src.

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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.