



June 19, 2019

Contact: Coco Fernandez, Public Relations Assistant
corynne.fernandez.546@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

Media Advisory

Turn Up the Heat and Get into Shape with the “Summertime Grind Challenge” at the SRC

- WHAT:** The Student Recreation Center (SRC) at the University Student Union (USU) invites all Summer SRC members, including faculty and staff to join in the fun of “Summertime Grind Challenge”. This 5-week event encourages SRC members to stay committed to reaching their summer fitness goals while improving their health and well-being. From Monday, July 8 to Sunday, Aug. 11, participants will be challenged to consistently visit the SRC or Oasis Wellness Center at least three days a week and complete various activities such as a group exercise class or a game of racquetball with a friend to be entered into a raffle with varying prizes!
- WHO:** Amanda Christianson, SRC Fitness Programs Coordinator, is responsible for coordinating this event.
- WHEN:** Monday, July 8 to Sunday, August 11.
Registration opens Monday, July 1.
- WHERE:** Located in the SRC and Oasis Wellness Center
- WHY:** This challenge will motivate all participants to maintain a healthy lifestyle through consistency.
- BACKGROUND:** The “Summertime Grind Challenge” is great way to achieve summer fitness while being rewarded! Registered participants can receive points for just entering the SRC, and the Oasis, plus points for completing the bonus activities posted on the SRC Fitness Challenges Webpage. There will also be a raffle drawing for participants, based on the level reached by the end of the challenge period.
- Level 1 will receive a free shirt (while supplies last) and be entered into a raffle to win one of two \$10 Shake Smart gift cards
 - Level 2 will be entered to win one of two \$25 MataMoney gift cards
 - Level 3 will be entered to win a \$50 Amazon gift card
 - Level 4 will be entered to win a \$100 Lululemon gift card.
- Anyone with an active Summer SRC membership interested in joining the “Summertime Grind Challenge” can easily sign up through the SRC Fitness Challenges page starting Monday, July 1. Make plans now to take part in this exciting new challenge. For more information on this challenge, please visit csun.edu/src/fitness-challenges.

###

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.

UNIVERSITY STUDENT UNION

18111 Nordhoff Street • Northridge • California 91330-8272 • www.csun.edu/usu