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Media Advisory

Experience the Ultimate Food Coma Solution during the “Turkey Burn-Off Challenge” at the SRC

- WHAT:** The Student Recreation Center (SRC) at the University Student Union (USU) invites all SRC members to deal with the effects of their high calorie consumption on Thanksgiving by simply staying in shape all week long with the “Turkey Burn- Off Challenge” from Monday, Nov. 19 through Sunday, Dec. 2. Just sign up and log your workout activities in at least two of the three specified fitness goals for your chance to win a cool prize. All members who register will receive a limited edition commemorative t-shirt while supplies last!
- WHO:** Amanda Christianson, SRC Fitness Program Coordinator, is responsible for putting on this event.
- WHEN:** Monday Nov. 19 through Sunday, Dec. 2
- WHERE:** Student Recreation Center and Oasis Wellness Center
- WHY:** Encourage SRC members to stay healthy over the holiday break with a fun and interactive fitness challenge.
- BACKGROUND:** The three set goals for the “Turkey Burn Off Challenge” are cardio endurance, muscular strength and endurance/power/restorative. Each goal category includes numerous workout activities that can be completed at the SRC and Oasis Wellness Center and logged through the SRC Challenges Portal. To be eligible for the grand prize, participants must accomplish at least two fitness goals by completing a minimum of three workout activities toward that goal. SRC members can register now for the “Turkey Burn-Off Challenge” at www.csun.edu/src/src-fitness-challenges starting today. For more information, please visit the SRC website at www.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, 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.