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### Media Advisory

#### New Year New Start a New You

- WHAT:** The Student Recreation Center (SRC), presents New Year New You 2014 incentive program. Join us as we help you to achieve your health goals. It's not just a resolution it's a lifestyle. For the first week of school personal training and nutritional counseling are discounted 25 percent. During the week of Tuesday, Jan. 21 to Sunday, Jan. 26 take advantage of this great opportunity to become healthy and get on the right track.
- WHO:** Sandra Salute, Fitness and Wellness manager is coordinating this program.
- WHEN:** Tuesday, Jan. 21 to Sunday, Apr. 13
- WHERE:** SRC
- WHY:** To provide assistance and incentives for maintaining a healthy lifestyle throughout the semester.
- BACKGROUND:** Sign-ups start Tuesday, Jan. 21 at the SRC front desk. Once registered you will receive a program passport to track your progress. During the three phases, participants can compete in a variety of mini challenges to boost their chances to win prizes. For more information visit [src.csun/nyny](http://src.csun/nyny).

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*The University Student Union (USU) and the Satellite Student Union (SSU) are committed to providing*

*inclusion, diversity, personal growth, and providing students with services such as food, study areas, computer labs, TV lounges, events, resource centers and the Student Recreation Center. To learn more, please visit [usu.csun.edu](http://usu.csun.edu) or [src.csun.edu](http://src.csun.edu)*