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FOR IMMEDIATE RELEASE

Richard Simmons ‘Gets Physical’ at CSUN

Northridge—Popular 80’s workout guru, Richard Simmons, who promotes, “love yourself and move your body,” will be at the Student Recreation Center (SRC) at California State University, Northridge (CSUN) for the Lecturecise event on Wednesday, February 22, 2012 in celebration of the National Recreational Sports and Fitness Day.

Simmons will use his wit and humor to move the bodies of the student body with a nostalgic 80’s workout and a motivational “lecture” at 6 p.m. in the Red Ring Courts, SRC; a meet and greet will follow from 7- 8 p.m.

“My heart goes out to all the students - with unemployment and student loans and prices going up; people’s eating habits is not how it should be or they’re not working out a lot,” said Simmons. “All of us were in college once, it’s different now, people are afraid of the future; I not only want to make them laugh and be their clown and court jester, but I want to share my experiences with them.”

Simmons graduated from college in three years; he was 19 when he lost more than

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250 pounds. He recalls the difficulties of being away from home, his eating disorder of obesity, and the many battles a college student may confront. He started making plans and goals to help continue a healthy lifestyle during and after college.

“I had to start over again, about my thinking and relationship with food, trying to start exercising; exercise wasn’t as big as it is now,” said Simmons. “I grew up in New Orleans, Louisiana, and when I saw someone running in the French quarter, I called the police because I thought they stole something. I had no idea that people actually ran.”

National Recreational Sports and Fitness Day will begin at 11 a.m. with hula hoop and a double dutch contest, four square, peer nutrition counselors, and a wellness trivia at the Plaza del Sol, USU. Also, more activities- potato sack races, tetherball will be at the OST Lawn, USU.

Inside the SRC will be numerous competitions such as, inner tube water polo, bouldering, water sports, and 80’s themed classes from 1-5 p.m.

Students can line-up for wristbands beginning at 3 p.m. outside of the SRC; students and faculty must register at the SRC before receiving a wrist band. Doors will open at 5:15 p.m. and will reach maximum capacity (350 people.) There will be a standby line available for non-registered SRC students and faculty; there is no guarantee that everyone will be able to attend.

“I’m really excited to get the party started,” said Simmons –“*Let’s get physical, physical...*”

For more information go to <http://src.csun.edu/fitnessday/>.

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The Student Recreation Center (SRC) is committed to providing the CSUN community with opportunities for exercise and other recreation activities that promote lifelong wellness. The SRC aims to create recreational programs that foster CSUN spirit to provide an environment that is welcoming, comfortable, and fun. To learn more, please visit src.csun.edu.