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FOR IMMEDIATE RELEASE

***“New Year New You” Program at SRC
Motivates Matadors to Reach 2015 Health and Wellness Goals***

Northridge-The Student Recreation Center (SRC) at the University Student Union (USU) is motivating all CSUN students to stick to their fitness goals with the “New Year New You” incentive program starting on Tuesday, January 20 and continuing through Saturday, February 28. The six-week program will encourage students to take steps toward achieving their health or wellness resolutions by tracking their progress with a variety of fun, challenging and insightful activities.

“New Year New You is a great fitness motivator for yourself and your friends in 2015,” said Amanda Christianson, SRC fitness coordinator. “It’s the perfect way for students to have fun while working on their overall wellness with a series of exciting activities and incentives.”

Students can begin registering on Tuesday, January 20. Sign up can be done online. After registration, all participants can pick up a “New Year New You”

passport from the SRC front desk. A sticker will be awarded for every activity completed (conditions apply, please see full details of programs on webpage). The total number of passport stickers received by February 28 will make participants eligible for some cool rewards.

For more information, please visit src.csun.edu/nyny or contact SRC fitness coordinator, Amanda Christianson at amanda.christianson@csun.edu

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The University Student Union (USU) is committed to providing inclusion, diversity, personal growth, and providing students with services such as food, study areas, computer labs, TV lounges and events. The USU includes the Student Recreation Center, Veterans Resource Center and Pride Center. To learn more, please visit usu.csun.edu.