



February 5, 2021

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FOR IMMEDIATE RELEASE

Heat Up Your Workouts with “Fitness Spring Fever” from the SRC

Northridge– The Student Recreation Center (SRC) of the University Student Union (USU) invites all Matadors to turn up the heat and catch our Fitness Spring Fever this semester. From Monday, Feb. 8 to Sunday, March 21, stay fit and be inspired by this 6-week virtual program designed to help you reach your ultimate fitness goals while becoming eligible to receive some awesome prizes!

“The SRC is making it easy for every Matador to feel motivated and active during their online spring semester,” said Amanda Christianson, SRC Fitness Programs & Wellness Manager. “Fitness Spring Fever will make you feel happy about yourself inside and out with the help of this exciting challenge.”

It’s all about staying on track to reach your fitness goals while you are also winning points every day! To participate, just register by Sunday, March 14 through the ChallengeRunner website by creating an account and then joining the “Fitness Spring Fever 2021” program.

Once the challenge begins, you can start manually tracking your daily activities to rack up your points for a chance to win sweet prizes. Activities to win points include the following: Physical activity where you can earn up to 10 points if you engage in moderate/vigorous activity of your choice plus an extra four points if you’re outdoors. SRC & Oasis Wellness

Center activities will also earn you up to six points when you register and attend virtual classes. You can further increase your point earnings with “fitness and nutrition boosters” by registering for SRC or Oasis Wellness Center virtual classes, “consistency boosters” by exercising consistently and “spread the word boosters” by earning 10 points for each of your personal referrals that registers for Fitness Spring Fever.

Keep track of your points to determine what you could win: Level 1 is reaching 108 points for a chance to win \$25 gift card, Level 2 is reaching 144 points to win \$50 gift card and Level 3 is reaching 192 for a \$75 gift card. If you successfully complete this exciting six-week challenge with the most overall points earned, you’ll receive a Get Fit bundle of five private training lessons with a certified trainer plus a set of dumbbells, a mini band, exercise mat and foam roller. All participants will be entered into a raffle drawing based on the level they reach by the end of the challenge.

Be ready for spring by taking on this six-week challenge to get up and get active with the SRC at “Fitness Spring Fever”! For more information, please visit csun.edu/src or contact Amanda Christianson, SRC Fitness Programs & Wellness Manager at amanda.christianson@csun.edu.

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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, prayer room, lactation 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, Veterans Resource Center, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit www.csun.edu/usu.