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**FOR IMMEDIATE RELEASE**

**Pair Up with a Pal and Play during the New “Friends & Fitness”  
Program at the Student Recreation Center**

Northridge — The Student Recreation Center (SRC) of the University Student Union (USU) wants to welcome back all Matadors to the new year with its new springtime program, “Friends & Fitness”. From Monday, Feb. 10 to Friday, March 6, students can team up with a partner and then go head-to-head with other Matadors to earn points for completing eligible fitness activities and a chance to win awesome prizes along the way!

“The SRC wants to help students kick off their year the right way with an exciting new program,” said Amanda Christianson, SRC Fitness Programs Coordinator. “‘Friends & Fitness’ offers Matadors the opportunity to win cool prizes while you’re paired up with a friend to achieve your fitness New Year’s resolutions.”

This three-week program challenges students to compete with other teams in a series of fitness activities in order to level up within the program and win points to get prizes. Participants can choose from three fitness categories and earn 1 point for non-bonus activities and 2 points for bonus activities!

Teams can earn bonus points for submitting pictures of their team completing partner activities such as attending any group exercise class, climbing the Rock Wall, participating in the open recreation sports and the Boxing Training Program.

On Friday, March 6 at 12 p.m., the top 12 teams with the most points will be invited to compete in the Team Finale for a chance to claim the top prize!



Don't miss this chance to start off a great new year with your friend at the SRC...

Where Matadors Play! For more information, please visit the Fitness Challenges page on the SRC website or contact SRC Fitness Programs Coordinator, Amanda Christianson at [amanda.christianson@csun.edu](mailto: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](http://www.csun.edu/usu).*