

February 12, 2016

Contact: Cheyenne Chavez, Public Relations Assistant
cheyenne.chavez.265@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

FOR IMMEDIATE RELEASE

**“Matador Recreation Day” Invites CSUN Students
to Celebrate Fitness and Wellbeing the Matador Way**

Northridge — The University Student Union (USU) and the Student Recreation Center (SRC) invite all CSUN students to learn about healthy living and participate in recreational activities at “Matador Recreation Day”. On Thursday, Feb. 25 from 11 a.m. to 2 p.m., students can join in the day’s festivities which will include a fun but challenging obstacle course, informational tables, raffle giveaways, live music and free food. It’s all taking place at the USU along the SRC Walkway and on the Turf Field behind the SRC.

“This annual event is our way of celebrating National Recreational Sports and Fitness Day, which is traditionally celebrated in February,” said Audrey Martinez, Events Supervisor, “So ‘Matador Recreation Day’ is an exclusive event on Feb. 25 dedicated to the health and fitness of CSUN students with great activities specifically tailored for Matadors — as well as two ways they can enter our raffle for cool prizes.

On the Turf Field behind the SRC, students will be able to get physical on an amazing obstacle course that features all kinds of interactive recreational activities including battle ropes, target practice, and much more.

- More -

On the SRC Walkway, you'll find informational tables offering range of healthy living options available from different CSUN providers including the SRC, Klotz Student Health Center, and the Oasis Wellness Center. Attendees can also enjoy free shakes and food provided by Shake Smart, while supplies last.

CSUN students will have the chance to win great raffle prizes by completing an event passport and choosing one of two raffles. To be eligible for the raffles, participants must fill in their passport by either visiting the informational tables on the SRC Walkway or participating in the activities on the SRC Turf Field.

“Matador Recreation Day” is a unique opportunity to join in some awesome physical activities and learn valuable healthy living information, all while sharing a great time with your fellow Matadors! For more information about this special event, please visit www.csun.edu/SRC or contact USU Events Supervisor, Audrey Martinez at audrey.martinez@csun.edu.

###

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, games 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 and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.