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FOR IMMEDIATE RELEASE

**Commit to Getting Fit with the
“Summertime Grind Challenge” from the SRC**

Northridge— The Student Recreation Center (SRC) of the University Student Union (USU) is here to help you get in shape virtually with the “Summertime Grind Challenge”. From Monday, June 29 to Sunday, July 19, participants can have fun reaching their summer workout goals while being rewarded. Matadors can turn up the fitness heat with the SRC and the Challenge Runner app!

“The SRC wants to help everyone in the CSUN community to stay on track with their personal workout goals,” says Amanda Christianson, SRC Fitness Programs Coordinator. “This is a great opportunity for all of us to get active even while we’re at home during the summer.”

To join, just register via the Challenge Runner app using your CSUN e-mail address. Then, participants can search the “Summertime Grind 2020” program page to fully enroll. You will earn points by participating in virtual fitness activities at least 3 days a week. All virtual fitness events that count as points will be listed on the SRC programs webpage. Come break a sweat this summer and collect points to win awesome prizes during the “Summertime Grind Challenge”!

Commit to being fit with the SRC at the “Summertime Grind Challenge”! For more information, please visit csun.edu/src.

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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.