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Contact: Lilibeth Orozco, Public Relations Assistant
lilibeth.orozco.185@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

FOR IMMEDIATE RELEASE

**Find the Fitness Solution to Your Holiday Stuffing with the
“Turkey Burn-Off Challenge” at the SRC**

Northridge — The Student Recreation Center (SRC) at the University Student Union (USU) invites all SRC members to shed off your extra holiday stuffing during the “Turkey Burn-Off Challenge” beginning Monday, Nov. 25 through Sunday, Dec. 8. You won’t miss a beat with your autumn fitness routine by participating in the many exciting activities at the SRC and Oasis Wellness Center to earn points and win prizes.

“You can say ‘good-bye’ to all those Thanksgiving Day calories by joining in the fun at the SRC during this special two-week challenge,” said Amanda Christianson, SRC Fitness Programs Coordinator. “It can be difficult getting back into the fitness groove after Thanksgiving, but the SRC is here to help our Matadors stay on track!”

Throughout the two-week event, the SRC and Oasis Wellness Center will be hosting eligible activities that will allow participants to earn points towards specific goals and prizes. For Level 1, participants must earn 6 points in order to receive a 2019 Turkey Burn-Off T-Shirt and a chance to win one of the two \$25 Amazon Gift Cards. At Level 2, participants will need to reach 12 points for a chance to be one of the two winners of a \$50 Gym Shark Gift Card. To reach the ultimate Level 3, participants have to total 19 points to be entered in the raffle to win a \$100 Nike Gift Card!

You can register for the “Turkey Burn-Off Challenge” by visiting the SRC Fitness Challenges webpage.

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For more information about the event and the Student Recreation Center, please visit csun.edu/src or contact SRC Fitness Programs Coordinator, Amanda Christianson 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.

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18111 Nordhoff Street • Northridge • California 91330-8272 • www.csun.edu/usu