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FOR IMMEDIATE RELEASE

**Stay Fit and Festive this Holiday Season with the
Virtual “Turkey Burn-Off Challenge” from the SRC**

Northridge — The Student Recreation Center (SRC) at the University Student Union (USU) challenges all CSUN students, faculty, staff and alumni to jump start their fun workout routine with the virtual “Turkey Burn-off Challenge” and keep it going throughout their holiday feasting. From Monday, Nov. 23 to Sunday, Dec. 6, this two-week fitness program is a great opportunity to participate in many exciting virtual events the SRC and Oasis Wellness Center are hosting for your chance to earn points and win exciting prizes.

“The SRC is here to help the CSUN community maintain their fitness goals with our virtual classes while still enjoying their favorite holiday foods,” said Amanda Christianson, SRC Fitness Programs & Wellness Manager. “It can be difficult getting into the fitness groove over Thanksgiving, but the SRC is here to help our Matadors stay active!”

Throughout this two-week event, the SRC and Oasis Wellness Center will be offering eligible activities where participants will earn points towards specific goals and prizes. To participate, you just need to create an account through csun-src.challengerunner.com, join the “Turkey Burn Off 2020” program, and manually track completed activities in order to earn points and become eligible to win prizes. Each participant will need to gain a minimum of 68 points by attending at least one SRC/Oasis Wellness Center live-streamed class and referring at least one person to the program for prize eligibility.



When you reach the minimum 68 points, you'll be placed in Level 1 and have the chance to enter a raffle to win a \$10 Starbucks Gift Card. Those who achieve 106 points are placed in Level 2 with a raffle to win a \$25 Target Gift Card. Participants who truly meet the challenge and earn 121 points will be placed in Level 3 and be entered in a raffle to win a \$50 Amazon gift card!

You can register from now to Saturday, Dec. 5. All winners will be randomly selected by Thursday, Dec. 10 and the winners must claim their prizes by responding to the email by Sunday, Dec. 13.

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