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FOR IMMEDIATE RELEASE

**SRC Helps You Stick to Your New Year's Resolutions with the
"New Year New You" Fitness Challenge**

Northridge — The Student Recreation Center (SRC) at the University Student Union (USU) welcomes all of its members to start the new semester right with the “New Year New You” fitness challenge. From Monday, February 4 to Sunday, Mar. 31, this eight-week fitness challenge will encourage SRC members to make a commitment towards their physical health. The challenge is comprised of exercise, recreation and nutrition activities with three specific fitness goals to achieve. Participants who successfully complete level one will receive a commemorative “New Year New You” t-shirt while supplies last and be entered into a raffle to win a \$50 Visa gift card.

“In past years, ‘New Year New You’ has been very successful in motivating Matadors to stick to their resolutions,” said Amanda Christianson, SRC Fitness Coordinator. “We are thrilled to bring this great fitness opportunity back to the CSUN community and offer fun incentives for participants.”

Your three challenge goals to meet are Cardio Endurance, Muscular Strength/Endurance & Power, and Restorative. In order to meet a goal, a minimum of eight eligible workout activities must be submitted towards that same goal during the program period.

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Participants will need to engage in various fitness activities to accomplish each goal, such as running on the indoor track, which counts towards the Cardio Endurance goal, or attending a yoga class at the Oasis Wellness Center, which counts toward the Restorative goal. To be entered into one of the three levels of raffles, you will have the chance to earn three points daily—the more points you earn, the greater the raffle prize. The complete list of eligible activities is on the SRC website at www.csun.edu/src.

SRC members can register for “New Year New You” from Tuesday, January 22 until Sunday, March 25 through the SRC Challenges Portal (2Act). Participants will also need to log their fitness activities on the SRC Challenge Portal by 11:59 p.m. the same day they complete them throughout the event.

Make good on your fitness resolutions with the “New Year New You” fitness challenge! For more information, please visit csun.edu/src or contact SRC Fitness 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, 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.