PRESENTED BY CSUB WELLNESS COMMITTEE

CSUB
Faculty and Staff Fitness Challenge

Click on the link or scan the QR code to start recording your daily activity.

https://forms.gle/UT9GnqgHtix2n6V46

*Find exercise you enjoy.

*Track your time.

*Win a prize!

LETS GET MOVING TOGETHER!

STARTS MONDAY JUNE 15TH AND ENDS FRIDAY AUGUST 7TH