



WORK OUT WITH US!

CSUN GET ACTIVE

A program designed to help CSUN staff members get active throughout their work days

JOIN US AND LEARN HOW TO:

- 1) Achieve the Physical Activity Guidelines during your work day
- 2) Reduce your chance of all-cause-mortality by 30%
- 3) Enjoy greater quality of life

THE INSTITUTE FOR COMMUNITY

HMB

HEALTH AND WELLBEING

3 WINS
fitness

CSUN

KINESIOLOGY