



Campus
Health Center



Get Fit Challenge

**Get Fit. Live Healthy.
Lose Weight.**

**Join our six-week
Get Fit Challenge!**

You'll receive:

Personal Training
Wellness Classes
Prizes

Schedule:

Orientation – April 6 (HUB 265)
Exercise 101 – April 13 (SRC)
Nutrition 101 – April 20 (HUB 265)
Am I Getting Enough? – April 27 (HUB 265)
O₂ = Life – May 4 (HUB 265)
Rest – May 11 (HUB 265)
Stressed Out! – May 18 (HUB 265)
Wrap-up/Announcement of Winner –
May 25 (HUB 265)
Wellness classes will be held from 4-5 p.m.

**Sign up. Start changing
your life today!**

Application: \$10.

Deadline to apply: April 2.

Download an application at campushealth.ucr.edu