CSUCI Wellness Challenge

Brought to you by:

KAISER PERMANENTE and **NUTRISHOP Oxnard**

This is a Fat Loss and Muscle Gain Challenge!

(Points awarded for fat loss and points awarded for muscle gain)

Open to ALL campus and Auxiliary Personnel

Simple to join! **Download**: fitmanager

GET IT ON Google Play   Download on the App Store

1. Create your account
2. Select the *CSUCI Wellness Challenge*
3. Read brief description and note campus weigh-in dates
4. Enter Access Code: CSUCI then Click - **Confirm sign up**
5. **Join us** at the "Field Day/Wellness Challenge Kick-Off" on August 2 in South Quad to weigh in for a chance to win a raffle prize!

The **deadline to join** the Challenge is **8/12/2018**

if you join, and miss the initial weigh-in at the Kick-Off Event, you MUST do steps 1-4 and weigh-in at Nutrishop, Oxnard (2550 E Vineyard Ave Ste 120) BY August 12.
***NOTE:** If you miss any campus weigh-in, this is your option for weigh-in, as well.*

For more information contact: janet.korsmo@csuci.edu or 805/437-3163