FOR IMMEDIATE RELEASE

BEGIN YOUR NEW YEAR'S RESOLUTION WITH THE TITAN FITNESS CHALLENGE

Applications now available for the Spring 2013 Titan Fitness Challenge

FULLERTON, CA — ASI Productions, a program of Associated Students, Inc. at Cal State Fullerton, in conjunction with Titan Recreation, CSUF Student Health Services, and CSUF Counseling and Psychological Services announces their call for applicants for the annual Titan Fitness Challenge. As a joint program developed to encourage students to get healthy and fit through fun, friendly competition, the program aims to bring in the campus community as observers to this on-campus reality show.

The Titan Fitness Challenge is a comprehensive program aimed to help students reach optimal health through personal training, nutritional coaching and mind/body workshops. It provides participants, as well as the campus community, opportunities to not only learn about successful weight management but also information on how to practice safe and effective ways to reach total wellness as we follow the contestants along on their fitness journey.

Gretchen Bloom, a participant in the challenge last year stated, "We were pushed to our limits. There was crying, hyperventilating, but in the end we learned what a really good workout consist of."

Bloom won third place overall in the challenge and has since been involved in multiple half marathons and 10Ks and is very thankful for what the Titan Challenge brought to her life.

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This year, the Titan Fitness Challenge will consist of 24 student participants who will compete in six different categories over a 10-week period. These categories include: weight loss/BMI, flexibility, circumferences measurements, strength, nutrition, and number of track laps run in 12 minutes.

Anyone interested in becoming a part of this life-changing program can download an application from asi.fullerton.edu/tfc. Applications must be submitted to the Titan Student Union, Room 269 by 12 p.m. Feb. 1. All applicants must be 18 years of age or older and attach their spring 2013 class schedule to their application. No past contestants are eligible for the 2013 competition. Finalists will be called for an interview Feb. 4 – 6 for the final selection process.

For more information regarding Titan Fitness Challenge or to access an application visit asi.fullerton.edu/tfc or contact Nicole Virtucio, Leader & Program Development Coordinator at nvirtucio@fullerton.edu or (657) 278-8464.

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*Associated Students, CSUF, Incorporated (ASI) is the recognized student government at California State University, Fullerton, advocating student interests on-campus and in local, state and national forums. ASI strives to develop relevant and quality-minded services, facilities, and experiences, which are responsive to members of the campus and surrounding communities.*