



March Newsletter

“Exercise to be fit, not skinny”

Eat to nourish your body and always ignore the haters, doubters & unhealthy examples that were once feeding you. You are worth more than you realize.

Esports: Gaming for Everyone



Join us for our Esports Tournaments!

We want everyone to have fun playing games they love in a friendly gaming tournament. ***All levels are welcome!***

Tournament winners will receive a champion shirt AND a prize from brands like Corsair, Razer, HyperX, and more!

[LEARN MORE](#)

Free Virtual Drop-in Fitness Classes



We offer a diverse set of **FREE** group fitness opportunities to help you with your fitness goals. No fitness equipment is needed to participate!

Our certified instructors are still providing fun, motivating, sweat-dripping classes for students, faculty, & staff.

[LEARN MORE](#)

Featured Programs & Services

Titan Well Health Promotion Services



Titan Well provides multiple services for students ranging from virtual events, cooking tips, sexual health, sleep, and more! Check out their page to get your started!

[LEARN MORE](#)

Personal Training



Personal Training services at Titan Recreation are here for you to participate in from home! Check out our Fully Fit, Personalized Program Service, and 1-1 Personal Training programs.

[LEARN MORE](#)

Gear Rental & Local Guide



Rent all our high-quality gear and get outside for a nice hike, camping, or even backpacking! Prices start **as LOW as \$5** for a 4-day rental. If you don't know where to go for your next trip, check out our Local Guide!

[LEARN MORE](#)

Get Ready for Spring Trails



Warmer weather makes higher elevation changes safer and more accessible, even on nearby peaks like Mt Baldy! If doing some spring hiking is on your to-do list check out this info on how to train and get in shape for your hike!

[LEARN MORE](#)

TITAN RECREATION



[March 4: Guided Massage @ 12 PM](#)

Relax your shoulders, take a breather, and destress. You will be joined by a Certified Massage Therapist to learn different self and partner-massage techniques that you can use at home.

[March 9: Positive Mind & Body](#)

Join Titan Well and CAPS as we discuss the importance of a positive mind and body. Stay for 30-45 mins to win a promo item from Titan Recreation. Zoom ID: 949 6993 2110 Password: 078061

[March 20th: NBA 2K21 & Call of Duty Warzone Tournament](#)

Participate in our one-day NBA & Call of Duty tournament! Join us on Discord to view registration guidelines. Tournament winners receive prizes from brands like Razer, Xbox, Blizzard, Steam, Playstation, and more!

[March 20th: Virtual Race](#)

Race from home on any road route at any time on race day! Top performer's in the men's and women's 5K Run, 10K Run, and 15K cycle will win a medal.

Featured Tips of the Month



Did you know there are a lot of fitness myths out there? With social media, facts get lost in viral posts, but don't worry, we have you covered with some of the top 12 most popular fitness myths to help you on your fitness journey to reach your goals.

[LEARN MORE](#)

Choking is the fourth leading cause of accidental death. In 2017 in the United States, 5,216 people died from choking, with approximately 5000 of those persons being elderly. If a person is wheezing, coughing, or cannot speak or breathe, how can you help?



[LEARN MORE](#)

Reminders & Updates

1. Join the Alumni Association

- 2020-2021 graduates can purchase an alumni membership for only \$57! [Become part of the Alumni Association](#) so you can stay a member with Titan Recreation after graduation

2. Virtual Offerings

- View all our Virtual Offerings on our [website](#)

3. Titan Recreation Portal

- if you are experiencing any issues with the portal, please email titanrecreation@fullerton.edu

[Send us your Feedback](#)

We want to hear from you! If you have any feedback on new programs you want to see from Titan Recreation, let us know by clicking the button above!

