



Join a group of first year students as you select a multitude of wellness activities including customizing workouts, nutritional taste testing, wellness strategies for a balanced life, and tons of fun!

Complete the Freshman Fit Challenge and receive your very own Fit Bit to use in the Spring Challenge!

**Program Kick Off:**  
Tuesday, September 9  
5:30 - 7:30 pm  
in the James Lynn Room  
*(located in Webb Center)*

**Registration:**  
Sign up on Monarch Link  
*\*Limited to 45 participants*



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**EVERYONE PARTICIPATING RECEIVES THEIR VERY OWN FRESHMAN FIT TEAM T-SHIRT!**