

50 DAYS OF FITNESS

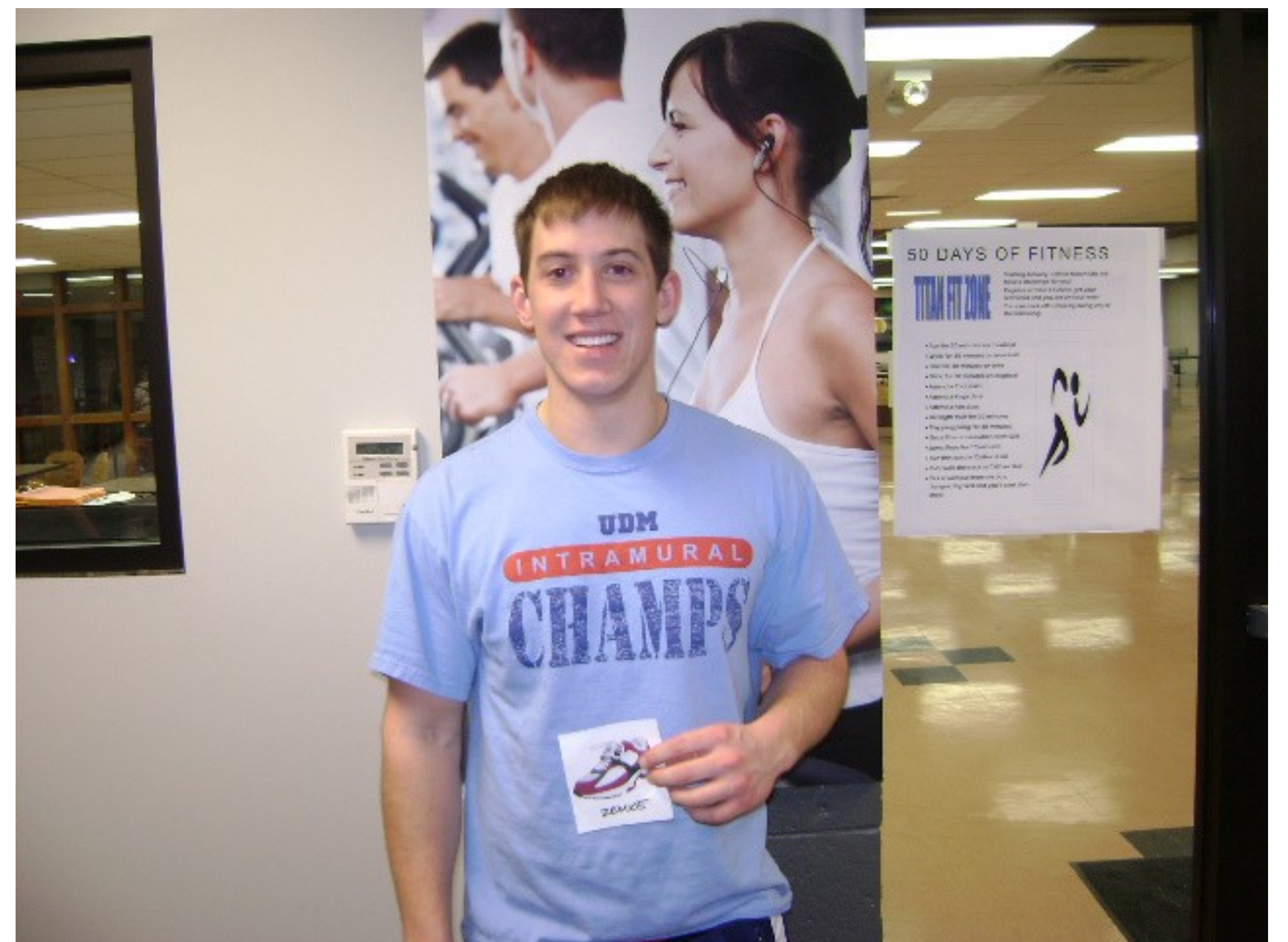
TITAN FIT ZONE

Starting January 13 to March 3, we have a challenge for you!

Register at Titan Fit Zone, get your scorecard and you are on your way!

You can mark off a shoe by doing any of the following:

- Run for 30 minutes on treadmill
- Walk for 30 minutes on treadmill
- Bike for 30 minutes on bike
- Glide for 30 minutes on elliptical
- Attend a Yoga class
- Strength train for 30 minutes
- Play ping pong for 30 minutes
- Play Intramural Basketball
- Jump Rope for 10 minutes
- Run the stairs in Calihan Hall
- Run/walk the track at Calihan Hall
- Pick a workout from the box, designed and you'll earn that shoe!



75 Workouts in 50 days !!!