

# Mind/Body



# Fitness Challenge

Presented by: USF Campus Recreation and Tutoring & Learning Services

Studies show being physically active enhances your academic success!

Get physically and mentally fit in time for Final EXAMS!!!

Earn Prizes For working out as well as doing better with your classes.

## PROGRAM BEGINS NOV. 9th

# PRIZES!



\$50 Gift card to Target



\$25 Gift card to Target



-5th place

Campus Rec prize pack

Sign up October 26th through Nov. 5th

Campus Recreation Fitness Desk or Tutoring & Learning Services Lib 206!!



Call 813-974-2971 for more information