



Get up. Get moving. Be a winner.

Thrive Across America

It's time to start logging your daily activity with Thrive Across AmericaSM! Do it online or through the new app.

Go to csufresno.thriveacrossamerica.com beginning on September 29, 2014, to record your activities and start earning stars.

Or download the Thrive Across America app for the iPhone[®] or Android[™] from the App StoreSM or Google Play—and log your time as you go! If you haven't signed up yet, you can still register and form teams of 4-10 members through October 12. (Team membership is not required to participate.)

Remember: No matter what your fitness level, you can participate and win. Each day you record 30 minutes or more of exercise, you earn a Thrive Across America star. The more stars you and your team earn during the eight-week program, the higher your score.

The team competition runs from September 29, 2014, through November 23, 2014, and is open to all CSU Fresno employees 18 and older. Apple and iPhone are trademarks of Apple, Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Android is a trademark of Google, Inc.



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