



# Get up. Get ready. Be a winner.

## Thrive Across America

Get ready for Thrive Across America<sup>SM</sup>—a new online physical activity program that lets you compete and have fun while getting fit.

### Team up and compete.

Start or join a team to help motivate and support you. Teams consist of 4-10 members who work together to keep active. (Team membership is not required to participate.)

### Anyone can be a star.

Consistency, not athleticism, is the key to success here. For 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, the higher your score.

### Make exercising fun again.

Turn exercise into a social event, switch up your gym routine, or try a new class you've been eyeing. Choosing activities you enjoy will help you stay motivated over the long run—leading to results you can see and feel.

### Get the app.

Download the Thrive Across America app for the iPhone® or Android™ from the App store<sup>SM</sup> or Google Play—and log your time as you go!

**Registration and team formation start Monday, September 15, 2014.**

Please recycle. 83090 July 2012 O-0018-00016229

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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