



Get ready. Get set.

Thrive Across America

It's time to register and form teams for Thrive Across AmericaSM! This online physical activity program lets you compete and have fun while getting fit.

It's simple. Each day you log 30 minutes or more of the exercise you choose, you earn a Thrive Across America star. Adding stars raises your score. The team (made up of 4-10 members) with the highest score at the end of the eight-week program wins. (Team membership is not required to participate.)

No matter what your fitness level, you can compete and win. Consistency, not athleticism, is the key to success here. You earn the same number of stars for any activity you do—from walking to cross-country skiing.

Get the app.

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!

Get started!

Registration and team formation run from September 15, 2014 to October 12, 2014. Competition begins September 29.

Visit csufresno.thriveacrossamerica.com today to register.

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.

