Presentation by Brianna Stansel

OPERS Wellness Outreach Intern

Promoting Wellness Throughout UCSC
What is CruzFit?

• 8 week program promoting healthy lifestyle choices from Jan 11th- March 5th

• Register in teams of 2- 4

• Track exercise and stress reducing activities throughout winter quarter
  • 15 min = 1 point

• Reach 100 points at end of the program to receive collectible CuzFit T-Shirt and be entered into our Grand Prize Raffle

• Cruiser Bikes
• Ipod Shuffles
• Gift Certificates
• Movie Tickets
• And More!
CruzFit Team Challenge

- My role
  - Program Logistics
  - Marketing
  - Logo and T-Shirt Design
  - Funding
Our goals

- To set Guinness Book World Record at UCSC for the most people doing yoga at one time
- To promote wellness, physical activity, stress reduction and provide a sense of community
- To promote OPERS programs and facilities
Setting a World Record in Wellness

- **My Role**
  - Planning
  - Funding
  - Marketing

- **Facebook**
- **Flyers**
- **Radio**
- **News**
- **Newspapers**
Questions?