

September

National Yoga Awareness Month

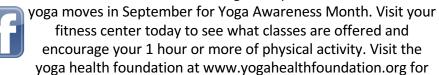
Use this month to hit your 1 hour of physical activity!

Download and distribute information on yoga from https://psu.box.com/September5210HC and it's health benefits. Yoga is a fun activity for all ages and September is Yoga Awareness Month. Encourage families to visit the fitness center for an opportunity to try Yoga!

Post to your social media sites!







yoga health foundation at www.yogahealthfoundation.org for more information! #5210HC To learn more about 5210 Healthy Children, visit 5210.healthychildren.psu.edu!

Warrior II. Sun Salutation. Triangle. Dolphin. Learn more about



Visit the fitness center in support of Yoga Awareness
Month 2 learn moves like Warrior II! http://bit.ly/1TXAUN7
to learn more! #5210HC

Participate in the 5210 Challenge of the Month!

Your Challenge this month is to organize a yogathon! Get a group to participate in a yoga class. Then, challenge others to do the same and see how many you can get to participate in a yoga class this month. Visit https://psu.box.com/5210HCSeptemberChallenge to learn more!