

# September

## National Yoga Awareness Month

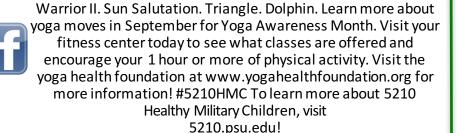
#### Use this month to hit your 1 hour of physical activity!

**Download and distribute** information on yoga from http://5210.psu.edu/wp-content/uploads/2017/04/1september5210hmc.pdf 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!







Visit the fitness center in support of Yoga Awareness Month to learn moves like Warrior II! Visit www.yogahealthfoundation.org to learn more! #5210HMC

### 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 http://5210.psu.edu/wp-content/ uploads/2017/04/3september5210hmc-challenge.pdf to learn more!