10K a day™

Coming Soon!

Improve your mental and physical health one step at a time. Take a virtual journey to some of the world's most spectacular places as you increase your steps to 10,000 a day for maximum benefits. New in 2021: Invite your household members to join in on the challenge! Brought to you by Total Wellness. Registration opens April 12, 2021 and closes April 26, 2021. The official program start date is April 19, 2021. Please visit csuf.10kaday.com to register for the program.

CALIFORNIA STATE UNIVERSITY
FULLERTON
HUMAN RESOURCES,
DIVERSITY & INCLUSION

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