

February 22, 2017

Dear members of the university community,

It's time to lace up your sneakers and make fitness a priority! FIU is kicking off the Panther Active Wellness Services (PAWS) to Move Challenge!

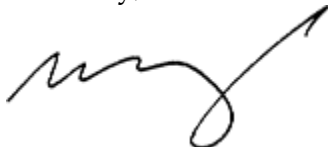
Over the course of six weeks, FIU faculty and staff will track the amount of time they exercise to compete for prizes like an all-expense paid kayak and snorkel trip, a canoe tour, a massage, gift cards, and more!

Registration for the PAWS to Move Challenge will be open Monday, February 27 - Friday, March 3. Participants can register as either an individual or a team by contacting Nathan Burandt at nburandt@fiu.edu. When signing up, please include your name, department and Panther ID. If you are signing up a team, please include a list of teammate's names, emails, Panther IDs and a team name.

The top five individual movers and the top three teams will be notified on Friday, April 28. Participants who track 1,500 minutes - or 25 hours - of activity will be entered into the raffle for a free 30-minute massage, kayaking at our Biscayne Bay Campus or a \$25 Gift Card from GoRunMiami.

I encourage you to participate and enhance your own health and well-being! The healthier our FIU family is, the better equipped we are to fulfill our responsibility to our students, families, and communities - and ourselves.

Sincerely,



Mark B. Rosenberg
President