



MAXIMIZE YOUR WORKOUT FREE PHYSICAL ACTIVITY COACHING

February 17 to May 10, 2020

Get help from CSUF Kinesiology students to set goals, create a plan, create or modify your workout using the exercise equipment at your local park and help you become more physically active.

Find us dressed in **orange** at the exercise equipment at your local park.

Please note coaches will not be present from March 30-April 5.



Move More, Eat Healthy



PLACENTIA

MON. 7:30-8:30 AM
KRAEMER PARK

MON. 8:45-9:30 AM
SANTA FE PARK

TUES.
10:30AM-12:30 PM
MCFADDEN PARK

WED. 3:00-5:00 PM
KRAEMER PARK

SUN. 9:00-11:00 AM
KRAEMER PARK

Follow us on Instagram
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Or contact Dr. Wilson at 657-
278-8329 to learn more

[http://hhd.fullerton.edu/knes/
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