

# FIT TECH TUESDAY

Tuesday, May 1



Use your **personal fitness technology** to track healthy **activity during the day**- a workout, a walk, total steps for the day, or anything else that shows how you moved!

Then **post a picture** of it on **Instagram** with the **hashtag #WPFit**.

**One lucky winner** will be **randomly selected** from all of the posts and **win a \$25 QuikChek gift card!**

*Don't use personal fitness technology? Simply take a picture of the digital screen on a piece of equipment after you exercise and post it with the #WPFit hashtag.*



**Winner will be announced Wednesday morning on Instagram!**

**Follow Recreational Services at @WPRec!**

Must be a current William Paterson University student to win.