



Sign up for important updates from Rec Sports&Fitness.

Get information for **Fitness** right on your phone—not on handouts.

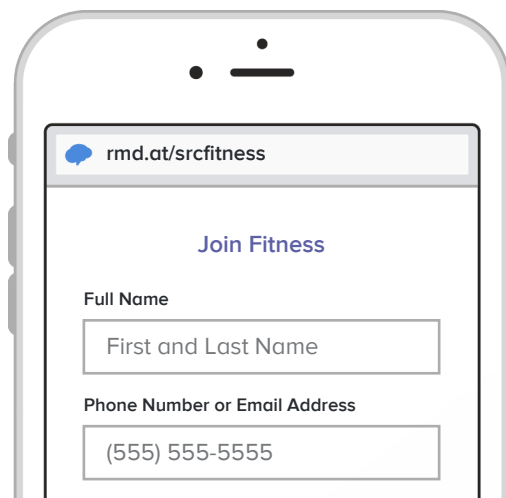
Pick a way to receive messages for **Fitness**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/srcfitness

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@srcfitness](https://www.instagram.com/srcfitness) to the number **81010**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/srcfitness on a desktop computer to sign up for email notifications.