



June 11, 2020



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With this week's newsletter we hope to ponder the idea of making mistakes, and reframe the concept as something that can be a stepping stone to success, and not just an obstacle. George Bernard Shaw summed it up with the quote, "A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing." That said, we hope to give you guidance and options for how to navigate new terrain and find a safe comfort zone.

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# Anyone who has never made a mistake has never tried anything new.

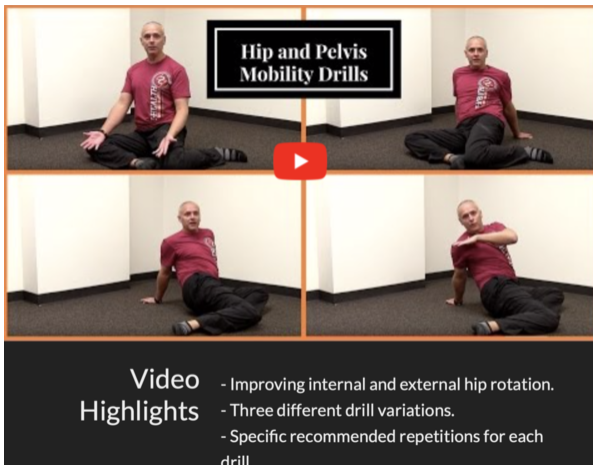
Albert Einstein

“Anyone who has never made a mistake has never tried anything new.”

- Albert Einstein

## Fitness 101

This week Dom's Fitness 101 focus is on **common mistakes of the squat**, and how to fix them.



## Train Your Brain

Learn 3 variations of this effective hip and pelvis drill, a good move to incorporate into your warm-up and/or cool-down.

## FEATURED WORKOUTS

### Workout #1



Participate in Week #3 of the Koret Summer Virtual **(Squat) Challenge**



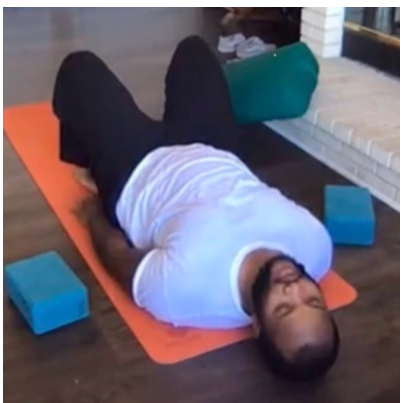
## Workout #2

Grab a chair and follow along as Tyler demonstrates a **beginner level mobility stretch**, and a **more challenging version** of the side bend



## Workout #3

Don't throw in the towel, make this everyday item your trusted ally for a challenging workout during shelter-in-place



## Workout #4

Breathe, bend and be good to yourself when you join **Yoga Flow** or **Morning Yoga Flow** with Brian D.

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# COMMUNITY CORNER

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This week we do our best to help anyone looking to step out of their comfort zone navigate new terrain in the area of social justice. Don't let the fear of making a mistake stop you from being part of the solution. Look to informed resources for guidance.

(1 min.)

Find a list of **local Black-owned businesses** and follow **@officialblackwallstreet** to search, discover and support Black-owned businesses

(5 min.)

Watch **'5 Tips for Being an Ally'** by Franchesca Ramsey **@chescaleigh**

(10 min.)

Read about **Ella Baker** and how she inspired the **Ella Baker Center for Human Rights**

(20 min.)

Listen to **Talking Race with Young Children** (NPR)

(45 min.)

Learn about Bay Area history when you listen to the The **Port Chicago Disaster** episode of the 'Stuff You Missed in History Class' podcast

(60 min.)

Watch this **Ted talk** to help understand racism in America

(90 min.)

**Watch** Dr. Robin DiAngelo discuss her book **'White Fragility'** to learn how to develop a capacity to engage more constructively across race

(5 weeks)

Download the **Mercy Critical Concern Challenge** for guidance on how to watch, listen, learn and act against racism

Join the conversation **#USFCA**



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