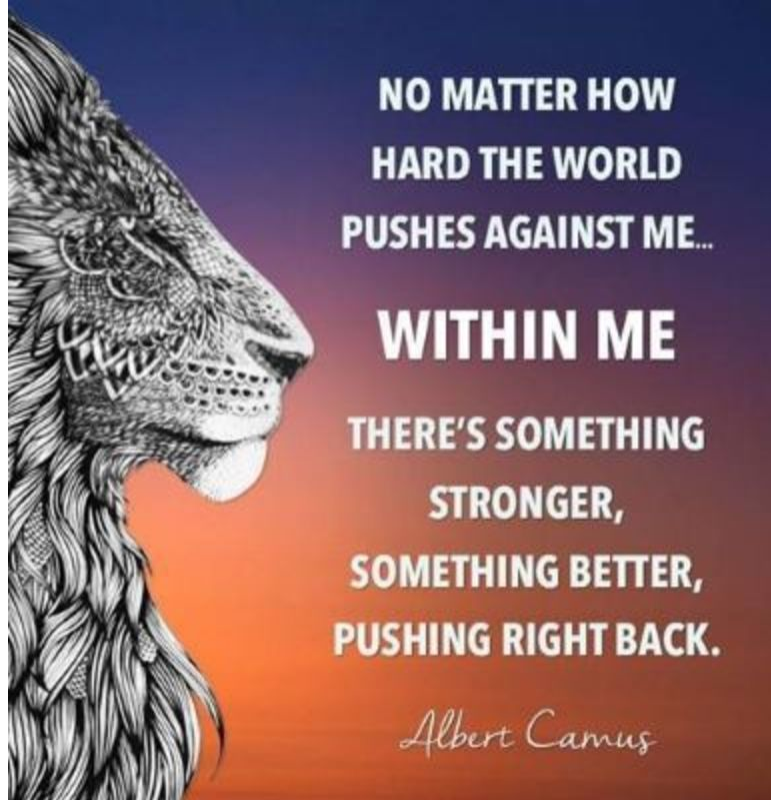




August 13, 2020



This week we hope to inspire the strength within each of us to persist in the face of unprecedented challenges. We recommend you bookmark these links to track reopening timelines for the **State of California** and **City of San Francisco**, and to stay informed about **California's Pandemic Resilience Roadmap** and the latest data from the **San Francisco Department of Public Health**. For USF students, faculty and staff, we share **updated resources** to support and protect our community.



"No matter how hard the world pushes against me, within me, there's something stronger – something better, pushing right back." - Albert Camus

Running 101

This week Dom's Running 101 video focuses on the importance of sleep for recovery.



Train Your Brain

These simple drills can help avoid neck pain and mobility issues caused by long hours



of remote work and studying.

FEATURED WORKOUTS



Workout #1:

Watch this amazing video and try to keep up with Kiki's routine!!! #inspiration



Workout #2:

Try this self-paced pyramid workout with Maggie! She provides modifications to keep it low impact.



Workout #3:

Make your game plan (and pick a partner) for the upcoming Rec Sports Challenge!



Workout #4:

Breathe, bend and be strong when you attend Brian's yoga classes on Zoom!

SELF-CARE CORNER

The **Dons Health Check** health survey is required to be completed (daily) by all students and employees that are approved to come to any USF campus. This will keep our onsite population healthy through tracking daily health checks in order to identify any symptoms of illness early on, thereby limiting the viral spread of COVID-19 at USF. Dons Health Check is located on the USF Mobile application, **myUSF** as a persistent banner, and the Student Hub.



COMMUNITY CORNER



Stay safe. Stay healthy.

Take the **COVID-19 canvas course**. If you're a student living on campus, you must. If you're faculty or staff, you should.

USF students, faculty and staff are invited to visit the new **COVID Resource page**, your single source for all announcements, actions, and services related to remote instruction.

If you have had at least one of the **symptoms of COVID-19** or you believe that you have come in close contact with a person who tested positive for COVID-19, you should follow the below steps. If you are a USF student, faculty or staff member, contact covidtracing@usfca.edu immediately.

Get tested for COVID-19 if:

- you have symptoms, follow the **CDC isolation steps** while awaiting the test results.
- you have no symptoms, follow the **CDC quarantine steps** while awaiting the test results.

USF's Star Route Farms is at peak production right now at the Bolinas and Coachella Valley locations. The ongoing health crisis means that restaurants can't purchase Star Route Farms' organic produce, so the farm and USF wish to serve the community by making the bounty available to you.

Join the conversation **#USFCA**



UNIVERSITY OF SAN FRANCISCO
Koret Health and Recreation Center

(415) 422-6821

[USFCA.EDU](https://usfca.edu)

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