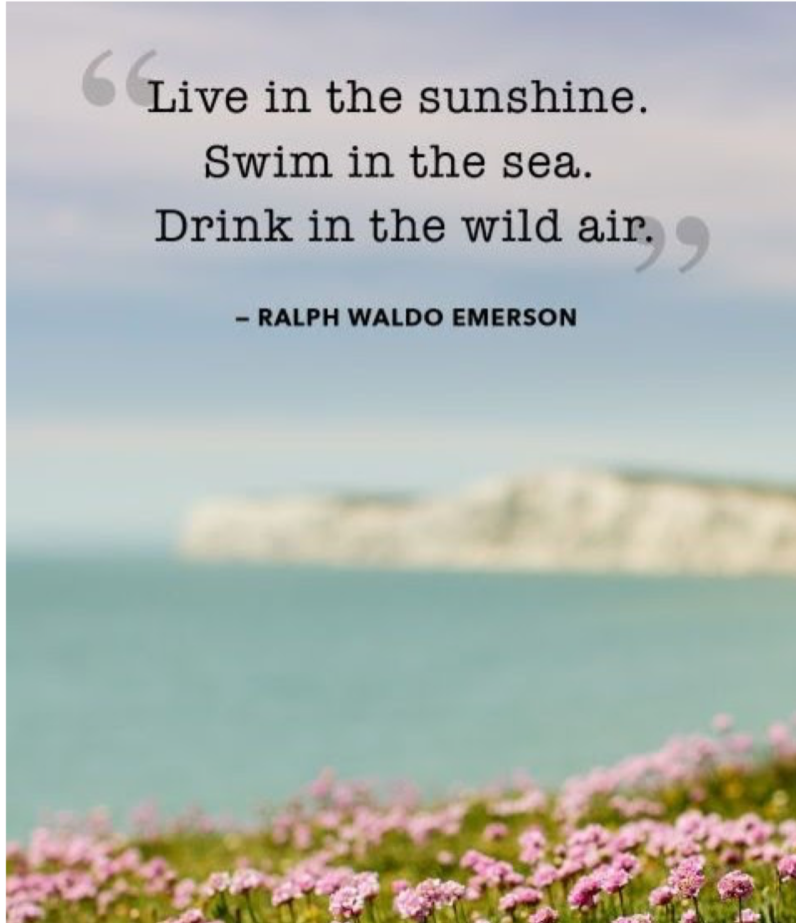




June 25, 2020



This week we are inspired by the summer solstice, a perfect time for new beginnings, celebrating with our senses, and enjoying nature. If you are seeking a new fitness goal, we encourage you to join the second half of our **Summer Virtual Challenge**. Dom continues his Running 101 series by sharing a free four week 5k prep program, including mobility and strength exercise to help prevent injuries and maximize success.



“Live in the sunshine. Swim in the sea. Drink in the wild air.” - Ralph Waldo Emerson

Running 101

Dom continues the journey through our new series Running 101. This video features **mobility and strength exercises** included in our free 5k Challenge Prep Program.



Train Your Brain

Use these **foot strengthening drills** to ensure you are building your new



running (or fitness) program on a strong foundation.

FEATURED WORKOUTS



5k Challenge Prep Program

usfclubsports



Workout #1

Get Dom's free 5k Challenge Prep Program

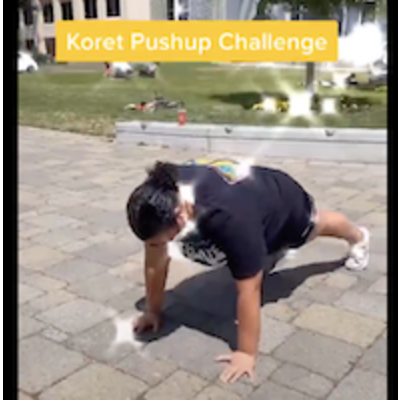


Workout #2

Core & More w/Maggie develops stability, balance, posture and overall control of your movement.

Workout #3

It's not too late to join Zoe for this week's **Push-Up Challenge**.



Workout #4

Try this **3 min. seated mobility drill** to access a gentle version of warrior (increases stamina) and reverse warrior (keeps nervous system active and functional) poses.

SELF-CARE CORNER

Summer suggestions for supporting self-care.

I enjoy nature/outdoors....

Take a walk and enjoy the seasonal (Rose, Hydrangea, Dahlia) and year round (Magnolia, Hibiscus, Orchid, Redwood) flora and fauna throughout the city.

I love music/dancing...

Sun is shining. Weather is sweet. Make you wanna move, your dancing feet. We have a version of this Bob Marley song for any mood (**mellow**, **marvelous**, my solo **dance party**).

I like to garden/eat healthy...

It's not too late to plant carrots, broccoli, spinach, radishes and onions.

I feel empowered helping others...

Register for a free Bystander Intervention online training from Hollaback! This one hour training provides simple strategies for all personality types, and gives

tools that are effective in de-escalating many types of conflict and unsafe situations.

COMMUNITY CORNER

Help us spread the word about these programs, organizations and individuals creating positive change in the community.

Equality California brings the voices of LGBTQ+ people and allies to institutions of power in California and across the United States, **striving to create a world** that is healthy, just, and fully equal for all LGBTQ+ people.

Intersectionality Matters is a podcast hosted by Kimberlé Crenshaw, an American civil rights advocate and a leading scholar of critical race theory. This program is an initiative from **The African American Policy Forum**.

Color of Change leads campaigns that build real power for Black communities. They challenge injustice, hold corporate and political leaders accountable, commission game-changing research on systems of inequality, and advance solutions for racial justice that can transform the world.



The Dream Marches On: Stephen Curry with Clarence B. Jones was the latest of **The Silk Speaker Series at USF**. Three-time NBA champion and **Eat.Learn.Play** Foundation co-founder Stephen Curry in conversation with Dr. Clarence Jones, director of USF's Institute for Nonviolence and Social Justice and former lawyer and speech writer to Dr. Martin Luther King, Jr.

Join the conversation **#USFCA**



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