

October 8, 2020



Thanks to everyone who has joined us for the **Go Dons Get Fit Challenge**. We are one week in, but there is still plenty of time in the month of October if you've been too busy to log your minutes. Need a little inspiration? Check out this **video** from Clare and her aquatics team. Remember, it's not just about workout classes, little things count. Walk to the store (instead of driving), play tag with the kids (playgrounds in SF reopen 10/14), walk the dog, or replace your afternoon coffee with a few sun salutations.

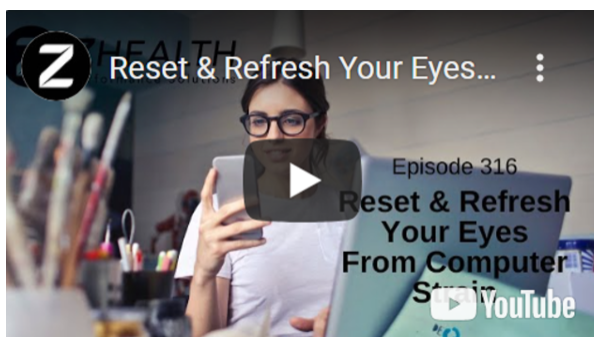


“The key to pursuing excellence is to embrace an organic, long-term learning process, and not to live in a shell of static, safe mediocrity. Usually, growth comes at the expense of previous comfort or safety.”

Joshua Waitzkin (Author of The Art of Learning)

Fitness 101

This week Coach Dom tells us about a type of training that can cut workout time in half, reduce body fat, build strength, increase endurance and even let you enjoy your workout. Intrigued?



Train Your Brain

Reset and refresh your eyes from computer strain with these simple drills.

FEATURED WORKOUTS



Workout #1:

There's still plenty of time to get mobile. Show off how you move and let's inspire one another!! Tag [@usfhps](#) [@usfkoret](#) and [#GoDonsGetFit](#)



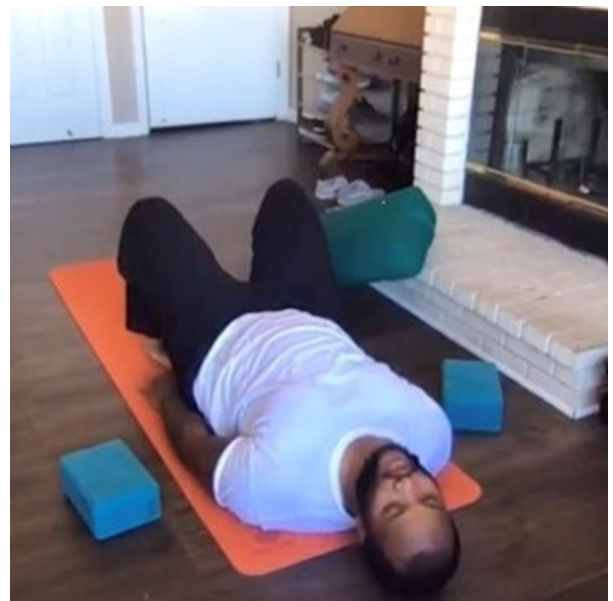
Workout #2:

Make sure to do a gentle warmup before starting this workout from Coach Sky! Don't forget to log your minutes for **Go Dons Get Fit!**



Workout #3:

Busy day? Set your timer for 6 min. and complete exercises 1-3 AMRAP (as many rounds as possible) before time is



Workout #4:

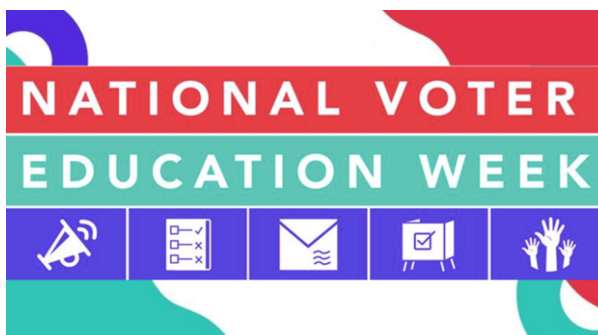
Brian D. offers yoga classes six days a week. Pick a day and time that works with your schedule (all levels welcome, no

SELF-CARE CORNER

Next week our Rec Sports Challenge features Mindfulness Week. We'll be providing mindfulness activities daily. The professionals at mindful.org define mindfulness as "the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us". Beginning next Monday, instructor Brian Davis will lead us through 30 Days of Mindfulness. DM us on Instagram ([@usfkoret](https://www.instagram.com/usfkoret)) or email KHRC@usfca.edu to show us how you're taking care of yourself.



COMMUNITY CORNER



Let's get ready for the 2020 Election together! When we vote together, we can change the world.

- Thursday, 10/8 - #VotePlanReady | Make a plan and pledge vote early or on 11/3 at bit.ly/usfvotes
- Friday, 10/9 - #WeReady | Check in with your family and friends about their election 2020 plan of action

- You can register to vote AND check your registration status at vote.org
- If anyone tries to stop you, call the Election Protection Hotline at 1-866-687-8683
- NAACP LDF -- Voting Rights Defender initiative is actively monitoring voter suppression and offers a reporting system to address suppression quickly
- [Vote.org](https://vote.org) also has a guide that explains voting rights

Prevent your mail in ballot from being rejected.

- Fill out the ballot properly. Follow the instructions on your ballot. Use black or blue ink
- Sign your envelope. Make sure your signature is a match with what election officials have on file on your driver license or government-issued ID
- Send your ballot on time. The USPS is currently expecting a delay in service to ensure your vote will be counted

Join the conversation **#USFCA**






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