



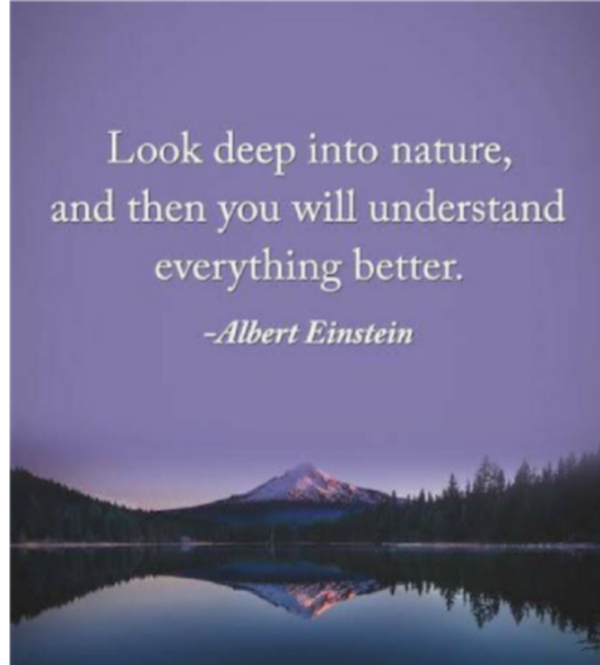
November 12, 2020



We have reached the final week of the Rec Sports Challenge. Join us as we celebrate the great outdoors and pay an early tribute to National Hiking Day. If you currently live in a place that allows for safe, outdoor activities, send us a photo or video of a recent adventure. Still sheltering in place? You can still participate by sharing some of your most memorable hiking adventures from pre-COVID days! Half Dome, Zion, Banff, Machu Picchu, Tennessee Valley, Mt. Tam, Lands End, Wa'ahila Ridge? We can't wait to see your submissions (DM on [Instagram](#) or email KHRC@usfca.edu)! All participants will be entered into our final weekly raffle drawing

Look deep into nature,
and then you will understand
everything better.

-Albert Einstein



*"Look deep into nature, and then
you will understand everything
better."*

- Albert Einstein

Yoga 101

You did it! Brian wants to hear your feedback from the 30-day yoga and journaling challenge. Email us at fitness@usfca.edu to share your experience, and goals for future challenges.

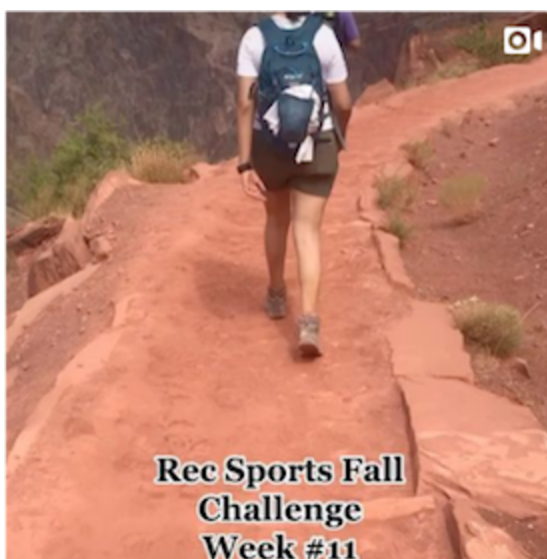


Train Your Brain

This reset drill can help to relieve neck and shoulder pain caused by too much time at the computer.



FEATURED WORKOUTS



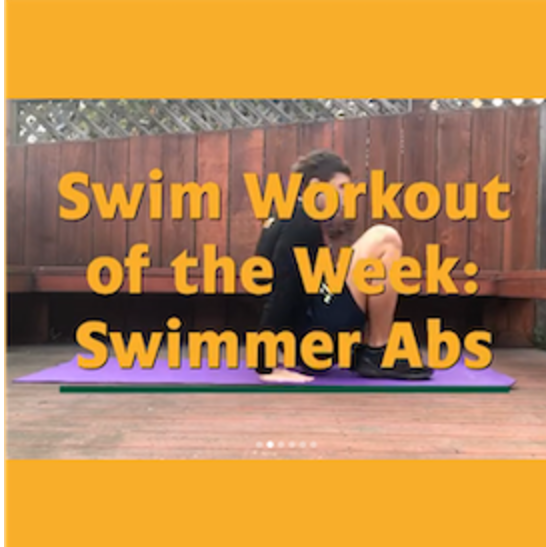
Workout #1:

Time spent outdoors never fails to rejuvenate. DM us on Instagram or email KHRC@usfca.edu with your favorite hiking pix from this fall (or pre-COVID times).



Workout #2:

Follow along as Maggie demonstrates this Upper Body Focused WOD.



Workout #3:

Join Coach Sky for this workout targeting the abs/core.



Workout #4:

Email fitness@usfca.edu to let Coach Dom know what types of workshops and fitness programming you want to see in the coming weeks.

SELF-CARE CORNER

Long hours of remote school and work have left us all Zoomed out. Research shows that screen time cuts blink rates by 50-75% leading to dry, irritated and fatigued eyes, blurred vision, and head/neck tension and pain. Thankfully, the professionals at Z-health performance share an effective solution (one of the EASIEST of all vision drills). You just have to remember to do it.



- Set an alarm to go off every 20 minutes
- When it goes off, look away from the screen
- Blink as fast as you can for 10-20 sec
- Then, close your eyes for another 10-20 sec. and relax
- That's it!

COMMUNITY CORNER

The Transgender Spectrum Initiative is a Jesuit Grant Foundation-funded program from the Gender & Sexuality Center at USF. The purpose of the Transgender Spectrum Initiative (TSI) is to invite USF's transgender spectrum community and the broader community to reflect on and engage in a dialogue about the marginalization and injustice that transgender spectrum community members experience on a day to day basis

The Transgender Day of Remembrance (TDOR), observed on November 20, was started in 1999 by transgender advocate Gwendolyn Ann Smith as a vigil to honor the memory of Rita Hester, a transgender woman who was killed in 1998. The vigil commemorated all the transgender people lost to violence since Rita Hester's death, and began an important tradition that has become the annual Transgender Day of Remembrance.

According to **TDOR**, Transgender Day of Remembrance serves several purposes. It raises public awareness of hate crimes against transgender people, an action that current media doesn't perform. Day of Remembrance publicly mourns and honors the lives of our brothers, sisters and siblings who might otherwise be forgotten. Through the vigil, we express love and respect for our people in the face of national indifference and hatred. Day of Remembrance reminds non-transgender people that we are their sons, daughters, children, parents, friends and lovers. Day of Remembrance gives our allies a chance to step forward with us and stand in vigil, memorializing those of us who've died by anti-transgender violence.

Learn more about important figures in history including **Marsha P. Johnson**, **Sylvia Rivera** and **Rita Hester**.

The **Compton Transgender Cultural District** of San Francisco is the first legally recognized transgender district in the world. Its mission is to create an urban environment that fosters the rich history, culture, legacy, and empowerment of transgender people and its deep roots in the southeastern Tenderloin neighborhood. The transgender district aims to stabilize and economically empower the transgender community through ownership of homes, businesses, historic and cultural sites, and safe community spaces. Located in the Tenderloin of San Francisco, the newly created district highlights the presence and history of the transgender community within the city and neighborhood, while working against the displacement of its transgender population.



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