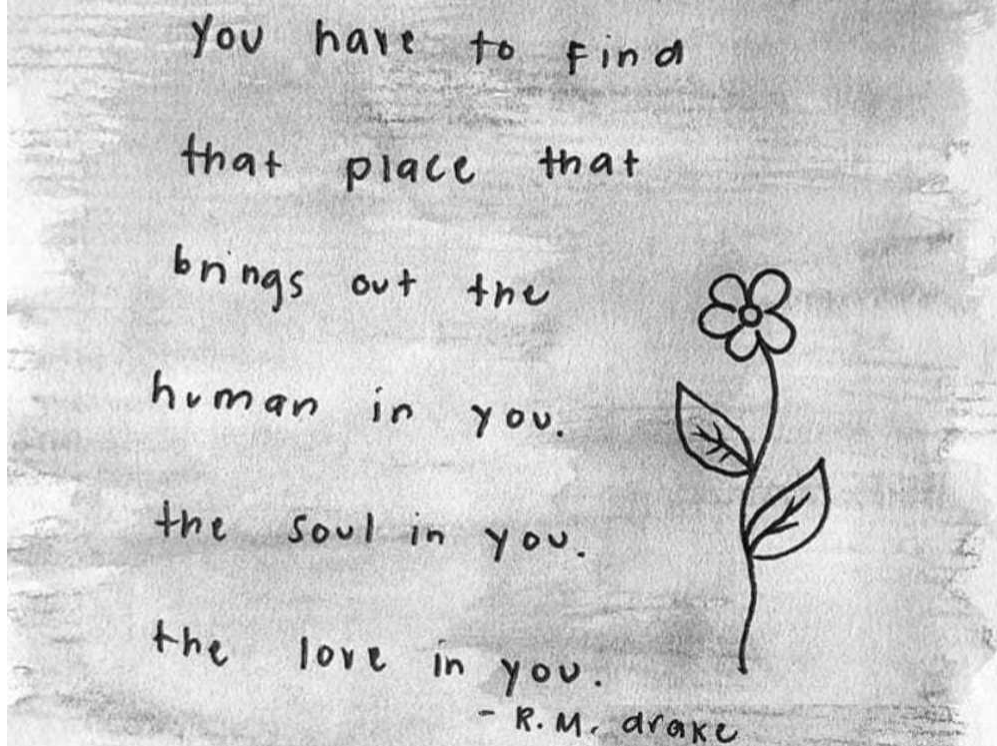




July 30, 2020



As we all anxiously await word on the reopening of the Koret Health and Recreation Center, we do our best to settle our attention on things that bring a little peace of mind, predictability, and control to our world.



*"You have to find the place that brings out the human in you.
The soul in you. The love in you." - R.M. Drake*

Running 101

This week Dom continues his Running 101 series on the critical (and often overlooked) topic of **Recovery for Runners**.

Recovery for Runners

Trainer: Dominic Wall
Koret Health & Recreation Center
University of San Francisco

A video thumbnail showing a person's hands typing on a laptop keyboard. The video is titled "Counter Keyboard Routine For Happy Pain-Free Hands" and is Episode 342. The video is from the "ZHEALTH Performance Solutions" channel. A play button icon is overlaid on the video. Below the video, there is a "Video Highlights" section with three bullet points: "- Keyboard posture and hand health.", "- Fingers, hands, wrists, and elbows focus.", and "- Clear routine instructions."/>

2 Counter Keyboard Routine For Happy Pain-Free Hands Episode 342 Watch later Share

ZHEALTH Performance Solutions

Counter Keyboard Routine For Happy Pain-Free Hands

Video Highlights

- Keyboard posture and hand health.
- Fingers, hands, wrists, and elbows focus.
- Clear routine instructions.

Train Your Brain

Follow along with this simple routine to help counter the effects of too many hours at the keyboard. All you need is your body and a wall.

FEATURED WORKOUTS



Workout #1:

Make the most of your time away from the gym by reviewing the entire Fitness 101 library.



Workout #2:

Maggie's WOD provides a perfect option for anyone seeking a self-paced, equipment-free workout.



Workout #3:

Visit the group fitness schedule on Saturday, 8/1 to see our Zoom fitness offerings for the upcoming semester.



Workout #4:

Review Part 2 of Dom's video lecture series on Running Biomechanics and Injuries.

SELF-CARE CORNER

Todd's Top 5 Trails

Todd the Rottie is back with his recommendations for Bay Area hiking and running trails including **Mt. Diablo** and **Mt. Tamalpais**. Todd and his human Suzy embrace the **California Responsible Travel Code** when journeying to other favorite locations in **Downieville**, **Yosemite** and **Kyburz**.



COMMUNITY CORNER



The newest members of the Koret community, the brothers Kubiak (Thomas and James), are keeping Clare busy with lots of family walks in the Presidio. Everyone is happy and healthy...and just a little bit sleep deprived.

Our friends at the Exploratorium invite children (ages 3 and up) and their families to enjoy **Storytime Science for Kids**.

The **California Academy of Sciences** presents #TeenScienceNight on Friday, 8/7 (5-7pm). Discover what environmentalism means to you at this FREE

interactive, fun-filled, virtual teen takeover event. RSVP required—reserve your tickets [here](#)!

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. **Pre-order your box** today and pick up on Saturday (9-11am) in the Upper Lot of Koret.

While COVID-19 has made us all understandably cautious about visiting the doctor or the hospital, our colleagues at UCSF want to remind everyone that it's equally important to know when you need medical attention. Here are **12 symptoms** that you should never ignore.

Join the conversation **#USFCA**



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Koret Health and Recreation Center

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