



September 3, 2020



What motivates you? Is it friendly competition? Focusing on fundamentals? Finding a fitness mentor? Connecting with classmates? This week we kicked-off the Fall Challenge, featuring 11 weeks of fun-filled recreational activities. Nominate 5 friends, colleagues or family members to join you on your journey. Due to fires and air quality in California, we have adjusted the first **4 weeks of the challenge**. We are also excited to announce our new personal training subscription, and upcoming Fitness 101, Self Defense 101, Running 101 and Yoga 101 workshops in September.



I like things to happen,
and if they don't happen I
like to make them happen.

Winston Churchill

quotefancy

"I like things to happen, and if they don't happen, I like to make them happen." Winston Churchill

Running 101

This week Dom's Running 101 focus is on the importance of proper breathing mechanics.

The Importance of Proper Breathing

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



Train Your Brain

These easy to follow drills introduce you to isometric shoulder mobility and asymmetric weighted shoulder rehab exercises.

FEATURED WORKOUTS



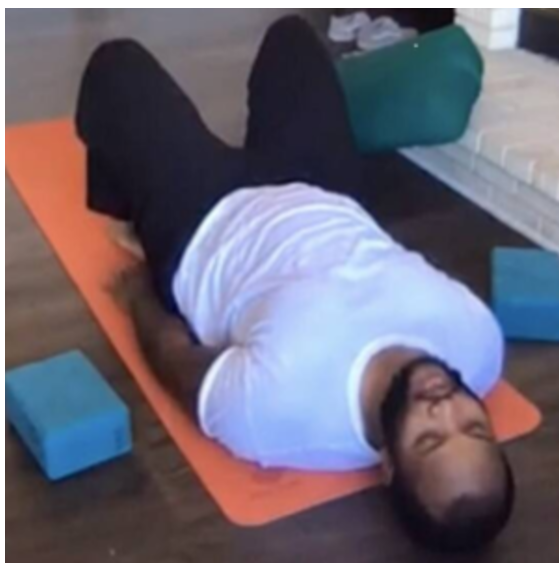
Workout #1:

Tag, you're it! Join the Fall Challenge. Week #1 (Share Your Hobbies) and Week #2 (Trick Shot Challenge). Nominate 5 friends to participate! DM us on **Instagram** or email **KHRC@usfca.edu**.



Workout #2:

Follow us on Instagram (**@usfkoret**) so you never miss **Maggie's self-paced WOD** (Workout of the Day).



Workout #3:

End your day with self-care and serenity with Bedtime Yoga w/Brian D. This class improves breathing, alignment, balance, strength and flexibility.



Workout #4:

Don't forget to check out the Fitness 101 video library if you ever need to review proper technique on foundational movements.

SELF-CARE CORNER

Are you seeking a little more direction for your fitness routine? We are excited to announce a new monthly Personal Training subscription. Follow the 5 simple steps below to get started.

Step 1: Email fitness@usfca.edu

Step 2: Request a free 30 min. assessment with our Fitness Coordinator (Zoom or video)

Step 3: Select your trainer and preferred program (see pricing below)

Step 4: Pay fee and update credit card information for autorenewal

Step 5: Enjoy free email check-ins with your trainer (NO Zoom/NO Facetime)

Personal Training Option A:

- Monthly fee: \$60
- 2 workouts/week

Personal Training Option B:

- Monthly fee: \$80
- 3-5 workouts/week

SEPTEMBER WORKSHOPS (Free)

Fitness 101 w/Dom

Tuesday, 9/15 @ 4pm (Zoom)

Self Defense 101 w/Maggie

Wednesday, 9/16 @ 1:30pm (Zoom)

Running 101 w/Dom

Thursday, 9/17 @ 3pm (Zoom)

Yoga 101 w/Brian D.

TBD (Zoom)

*Email fitness@usfca.edu to register or learn more.

COMMUNITY CORNER

SCIENCE: **Read** or **watch this video** about AeroNabs (nasal spray), a llama-inspired spin on personal protection that our colleagues at UCSF are working on to defend from COVID-19.

PUBLIC HEALTH: Governor Newsom, Mayor Breed and public health officials recently announced a new **color-coded Coronavirus plan** for reopening the economy. Find out what **businesses are open** in your county, and **read the rules** of the new plan.

EDUCATION: The **FROMM Institute Conservatory on Racism** is free and open to the public. Join Professor Mara Kolesas in conversation with Martin Carcieri on **Tuesday, 9/8, 1–2:40 pm**

RACIAL JUSTICE: Everyone holds implicit biases. That doesn't make us "bad people," it just means that we have work to do. This **free, one-hour, interactive training** by Hollaback! will teach you how to understand and begin to undo your own implicit biases.

KID-FRIENDLY: Our colleagues at the Mosaic Project remind us that the 3 Keys to Peace are **listening, empathy, and assertiveness**. Home with kids? Download these **free coloring pages** to keep the conversation engaging, entertaining and fun.

Join the conversation **#USFCA**



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