




July 23, 2020



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For those of you joining our **Virtual 5k**, we asked a few runners on staff to tell us their favorite Bay Area routes. Clare recommends the Stowe Lake/waterfall/Spreckles Route in **Golden Gate Park**. Carrie offers up a few options in Marin, either **Tennessee Valley Beach** or the 3 mile loop around Sausalito and the surrounding hills. **Reopening San Francisco** currently has gyms, indoor swimming pools and basketball courts listed in phase 3 (August and beyond). We hope to have additional information about how Koret fits into USF's plan for the upcoming semester in the coming weeks.

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The best thing about the future is  
that it comes one day at a time.

Abraham Lincoln

quote fancy

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## Running 101

This week Dom continues his Running 101 series with **part 2 of Nutrition for Runners**, including a **research review** on a study involving vitamin C, gelatin and collagen synthesis (suggesting a connection to injury prevention and tissue repair).

### Nutrition for Runners Part II

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



**2 ZHEALTH**  
Performance Solutions

Episode 271  
4 Minute Doorframe Isometric Strength Sequence

Watch later Share

**Video Highlights**

- What are isometrics?
- Benefits of isometrics.
- Easy to follow sequence.

## Train Your Brain

Remote life requires us to get creative for strength training. Follow along with this 4 min. door frame isometric sequence.

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# FEATURED WORKOUTS

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## **Workout #1:**

Gentle Flow and Restorative Yoga w/Drey (T/Th @ 9am) improves breathing, alignment, balance, strength and flexibility.



## **Workout #2:**

Total Body Conditioning for Beginners w/Maggie (M/W @ 8am and T/Th @ 2pm) incorporates bodyweight exercises and low impact circuits to provide a low intensity total body conditioning workout.



## **Workout #3:**

Review the entire library of Fitness 101 videos and commit to a focus on the power of proper technique.



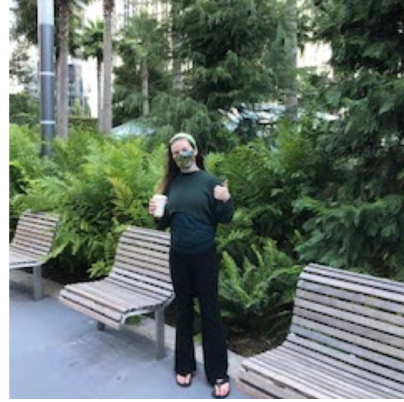
## **Workout #4:**

Joining us for the Virtual 5k? Don't forget these Mobility and Strength Exercises for Runners.

# SELF-CARE CORNER

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Looking for a new adventure? Discover the hidden gem of **Salesforce Park** tucked away on the 4th floor of the **transit center** in downtown San Francisco. This **Garden Guide** describes the diversity of the park's landscape, and the lawns provide an ideal spot for a socially distanced picnic. The **walking trail** provides a paved loop for strolling among dragonflies and hummingbirds, or enjoying a Virtual 5k (joggers tell me each loop is approximately ½ mile). Park hours are 6am-9pm (May-October) and 6am-8pm (November-April). **Warning:** Restrooms currently closed, no bikes, no pets (except service dogs).



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## COMMUNITY CORNER

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**Sunshine (Koret Lifeguard, USF Nursing Major, Child/Youth Studies Minors)**

Sunshine's article "**Combating Xenophobia in the Covid-19 Pandemic: The Importance of Health Literacy**" discusses the intersections between health literacy, xenophobia, and the rhetorical/linguistic implications of medical terminology in the context of a global health pandemic. In sum, it essentially calls for

individual and collective improvement in the understanding of health science in order to mitigate the effects of Asian and Asian-American xenophobia in the United States. This article was written through an undergraduate fellowship in the USF Center for Asia Pacific Studies and published in *Inquiries Journal*, an open access academic journal that highlights the work of undergraduate students and above.

**Break the Silence, Break the Cycle**

Taraji P. Henson is a well known actress, author, and founder of **The Boris Lawrence Henson Foundation (BLHF)**. The foundation was made in honor of Henson's father who faced mental health issues. Text NOSTIGMA to 707070 and donate to support free virtual therapy to those in need during this unprecedented time.

### Inclusive Therapists

**@Inclusivetherapists** was founded by Melody Li, LMFT, who wanted to create a safe space where all identities and bodies are welcomed with care. They center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities.

### Latinx Therapy

**Latinx Therapy** is a bilingual podcast hosted by Adriana Alejandre, an LMFT who aims to break the stigma of mental health within the Latinx community. Adriana specializes in Eye Movement Desensitization and Reprocessing (EMDR), trauma and anxiety, and provides support to people through individual counseling, workshops, online therapy, and much more.

Join the conversation **#USFCA**



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