




September 17, 2020



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This week we invite you to be gentle with how you define progress. To quote Plato, “Never discourage anyone who continually makes progress, no matter how slow.” If you are participating in the **Rec Sports Fall Challenge**, there is still time to catch Coach Dom for Running 101 and Brian D. for Yoga 101. Make sure to download your **Destination Bingo Card** over the weekend so you can plot your strategy for next week’s Local Exploration challenge. Grab a housemate or family member on these mini adventures to give us a glimpse of the city or town where you are sheltering in place. Complete any three in a row sequence, capture a photo or video, and DM us on **Instagram** to submit your entry. If fires and air quality are still impacting outdoor activities in your area, we will accept your Local Exploration Week submission anytime before mid-November.

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Progress is not achieved  
by luck or accident, but by  
working on yourself daily.

Epictetus

 quote fancy

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yourself daily.” Epictetus*

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## Mask Breathing 101

Here are some tips from Coach Dom for anyone who struggles to breathe with a mask.



## Train Your Brain

Discover how a simple breath hunger drill can help with recovery and building endurance in all activities.

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# FEATURED WORKOUTS



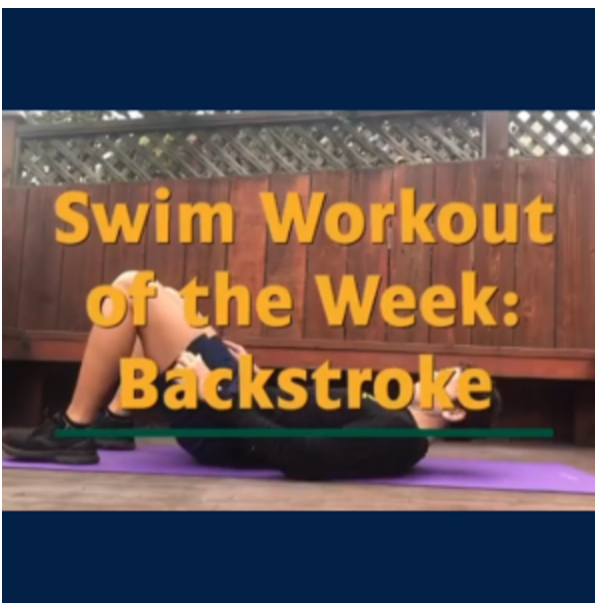
## Workout #1:

This free workshop will focus on debunking common running myths. Come with any and all questions for **Coach Dom!** Email [fitness@usfca.edu](mailto:fitness@usfca.edu) to request the Zoom link.



## Workout #2:

What is Yoga? Why Yoga? Learn about the 8 limbs of yoga and how you can apply them to your life. Includes Q&A with **Coach Brian D.** Email [fitness@usfca.edu](mailto:fitness@usfca.edu) to request the Zoom link.



## Workout #3:

No pool? No problem. Coach Sky leads you through this dryland workout focused on improving backstroke mechanics and



## Workout #4:

No equipment needed for this self-paced WOD. Facing a long day at the computer? Set an alarm and enjoy a



perfecting your streamline off a dive or turn.

quick 'workout snack' by doing 1 round of this tempo circuit every hour.

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## SELF-CARE CORNER

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### Meet Hannah

(USF Student & Koret Lifeguard)

Major: Nursing

Hometown: Portland, OR

Favorite Athlete: **Coco Gauff**

Favorite Event: 100 Backstroke

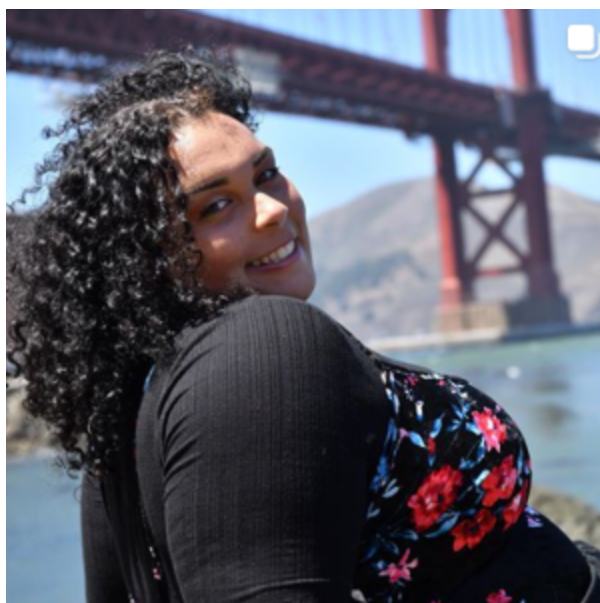
Self-Care Strategies: Drinking water, taking walks, cooking amazing dishes during shelter-in-place.



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## COMMUNITY CORNER

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Meet Zoe (USF Student & Koret Building Supervisor/Spin Instructor)

Major: Spanish Studies, Jewish Studies and Social Justice

Hometown: Baltimore, MD

Favorite Athlete: **Naomi Osaka**

Community Activism and Outreach: "I'm currently in a

fellowship program doing voter outreach for the Biden campaign in Nevada.

We are looking for poll workers, hotline workers, poll observers and voter outreach volunteers. If anyone is interested in getting involved, please email me at my work email [hallmenzoe26@gmail.com](mailto:hallmenzoe26@gmail.com)"

In a world where black women are often underrepresented and misunderstood, we need more safe spaces to just... be. Every Friday, join Dr. Dominique Broussard, a college professor and psychologist, and Terri Lomax, a techie and motivational speaker, as they initiate authentic conversations on everything from fibroids to fake friends. If you're a black woman or woman of color looking for an extra dose of inspiration on the go, pull up a seat and join us on the **H.E.R. (Healing, Empowerment, Resilience) Space podcast**. Episodes are published every Friday on **iTunes**, **Google Play**, **Soundcloud**, and most platforms where podcasts are played.

September is **Suicide Prevention Month**. Our colleagues at USF Counseling and Psychological Services (CAPS) recommend the **Columbia Protocol App**, **My3**, and the **Virtual Hope Box App**, and offer **other steps** to save lives. CAPS, in collaboration with Human Resources' GoUSF and Health Promotion Services, offers a free training called **QPR (Question, Persuade, Refer) Gatekeeper Certification**. The mission of QPR is "to save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know."

Join the conversation **#USFCA**



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