



October 29, 2020



We are nearing the end of the Rec Sports Fall Challenge. Thanks to everyone who submitted to this week's Halloween photo contest and tasty fall recipes. Next week is the Virtual Half Marathon. Not a runner? Not a problem? Just like any seemingly insurmountable obstacle, sometimes it helps to break this challenge into manageable blocks. Just 3 days of walking 10,000 steps/day, and you are a winner! Adjust accordingly to match your current fitness level. Looking to give that Halloween costume a little extra mileage? Add a 'Bay to Breakers' vibe to your Half Marathon (and don't forget to send us pix [@usfkoret](https://twitter.com/usfkoret)). Contact KHRC@usfca.edu to request your race bib.



Exercise your right to vote!

Fitness 101

Looking for a simple self-care solution to get you through the week? Maggie tells us a little more about her Koret classes: Total Body Conditioning for Beginners, Core and More, and Fitness Interval Training.



Train Your Brain



Discover the surprising connection between sleep position and brain health.

FEATURED WORKOUTS



Workout #1:

This week Coach Sky provides this follow along HIIT (high intensity interval training) workout for the upper body. You still have time to log your minutes for the **Go Dons Get Fit Challenge!**



Workout #2:

Visit us on Instagram ([@usfkoret](https://www.instagram.com/usfkoret)) for today's Yoga Challenge journal prompt. Yoga classes for all levels are available 6 days a week.



Workout #3:

Zoomed out and seeking a self-paced workout that fits your unique schedule?



Workout #4:

Pick your costume and make your plan for next week's Virtual Half Marathon. Form a team, do a relay or simply break up the distance across multiple days. You got this!

SELF-CARE CORNER

If you are in SF, public health experts recommend the following for a safe Halloween:

- **Meet outdoors** in groups of 12 or less
- **Wear a mask**
- Avoid sharing food or drink
- Only accept **individually-wrapped treats**

We would like to add **HAVE FUN!**

Also, remember to **turn your clocks back** 1 hour before you

go to bed on Saturday night (daylight savings ends at 2am on Sunday, 11/1).



COMMUNITY CORNER



It's not too late to register to vote. Any eligible San Francisco resident can register in person and **cast a provisional ballot up** through the close of the polls on 11/3.

Worried about wait times? Use the **Voting Site Wait Times Lookup Tool**.

Worried about voting indoors during the pandemic? San Francisco's **outdoor Voting Center** is open weekdays (8am-5pm) and weekends (10am-4pm) through 11/2 . On Election Day, the outdoor voting center will be open 7am-8pm.

Return your vote-by-mail ballot on time (must be postmarked by 11/3). You may return your ballot in person to the Voting Center (open now) or one of **these drop-off sites** (open starting 10/31).

Our colleagues at USF Counseling and Psychological Services invite you to review this **Election Self-Care Kit**.

The USF Davies Forum presents a public roundtable discussion with Dr. Angela Davis on Wednesday, 11/4 @ 3:30pm PST (Zoom). For decades, Dr. Davis has fought for racial, gender, economic, and social justice around the world. On the day after the election, she joins us to discuss political activism, social justice, and prison reform in the United States. Moderated by **Dr. Mary Wardell-Ghirarduzzi**, USF Vice Provost for Diversity Engagement and Community Outreach. Free and open to the public. **Pre-registration required**.



UNIVERSITY OF SAN FRANCISCO

Koret Health and Recreation Center

(415) 422-6821

USFCA.EDU

DIRECTIONS

CONTACT US

CHANGE THE WORLD FROM HERE

University of San Francisco
2130 Fulton St
San Francisco, CA | 94117 US

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