**Feature Workouts**

**Workout #1:**
- Chill out
- Improve your aerobic fitness
- Improve your sleep quality
- Use nutrition to break the inflammation cycle
- Train easier, but more often

**Workout #2:**
- “Fight for the things that you care about, but do it in a way that will lead others to join you.”

**Workout #3:**
- Five simple and effective tips

**Workout #4:**
- "Join The Conversation"

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**Self-Care Corner**

**Latex Heritage Month!**

Latinx Rise Up @POPSUGAR featured a group of Latinx women (including DREAMERs, first-generation Americans, and recently naturalized citizens) devoted to lifting their voices and fighting for their community. With a projected 32 million Latinx people eligible to vote this year, the community will make up over 13% of eligible votes in the U.S.

The election office at least 7 days before election to become eligible to vote in the USF campus by educating staff and faculty on foundational concepts that can be applied to understand and address issues undocumented students face on an individual, social, and systemic level. In service to the USF mission, the DMV office, post office, public libraries and government offices will assign a number to identify you as a voter election office will assign a number to identify you as a voter

**Where Do I Register in Person?**

- DMV office, post office, public libraries and government offices
- Register on paper
- I Am Homeless, How Do I Register?
- With La Colectiva.
- I Have a Felony Record, Can I Still Register?
- Can I Register Online?
- Register for the UndocuAlly 101 with La Colectiva.
- I Am 18 years-old by election, you can pre-register at 16 or 17 years old
- How Old Do I Need to Be?
- Need license or ID, but can use last 4 of SSN. If you don't have any form, the election office will assign a number to identify you as a voter
- I Have a Felony Record, Can I Still Register?
- IS there a Residency Requirement?
- Do I need ID to register in-person?
- Can I Register Online?
- Is there an Age Requirement?
- Can I Register in Person?
- Where Do I Register in Person?

**Join The Conversation**

- #USFCA!

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**Community Corner**

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**Join The Conversation**

- #USFCA!