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University of San Francisco

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**Fitness 101**

The weekly emails will discuss topics to improve your cardiovascular, flexibility, and strength.

**Train Your Brain**

This week Coach Sky demonstrates a fun routine to help improve your breaststroke.

**Featured Workouts**

**Workout #1:** Train easier, but more often

- Flexibility vs. Internal focus vs. External focus

**Workout #2:** Train your mobility and flexibility

- Discover how to use brain and show us where you are sheltering-in-place.

**Workout #3:** Chill out

- Train your body

**Workout #4:** Finish strong

- Discover the difference between an internal focus vs. external focus

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**Self-Care Corner**

*“Fight for the things that you care about, but do it in a way that will lead others to join you.” - Ruth Bader Ginsburg*

**Commumity Corner**

*With a projected 32 million Latinx individuals in the US and 13% of eligible votes in the U.S., Latinx voters have the power to make a difference this election.*

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**Contact Us**

KHRC@usfca.edu

**Directions**

[Google Maps](https://www.google.com/maps)

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**Latinx Heritage Month**

September 24, 2020

*Latina featured a group of Latinx women (including DREAMERs, first-generation Americans, and recently naturalized citizens) who are working to share their stories and show up in spaces where their voices are not traditionally heard.*

*The 14th annual Latinx Engineering Day 2020 workshop hosted by DECO will be virtual this year!*