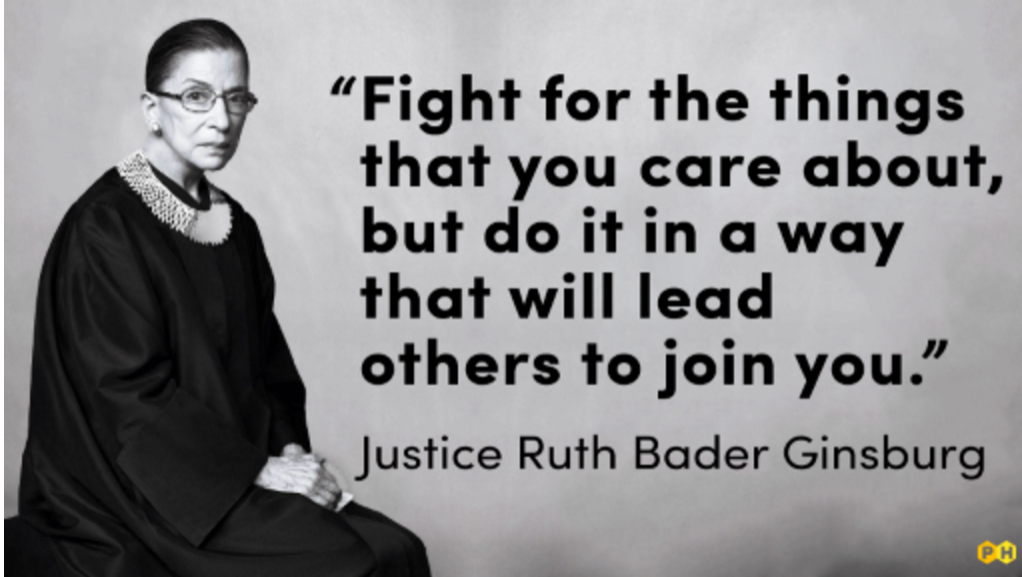




September 24, 2020



This week we encourage everyone to try something new if your current routine is not helping you reach your fitness, wellness or self-care goals. Coach Dom is seeking participants to complete an online **survey** to determine how reduced physical activity during quarantine affects older adult's (55 years +) mental health. If you are 55 years or older, we would appreciate your participation. If you are under 55 years, please forward **this link** to friends, family members or colleagues who fall into the target demographic. Survey closes at the end of the day on Tuesday, 9/29. Thank you!



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

Fitness 101

This week Coach Dom discusses Flexibility vs. Mobility.



Train Your Brain

Discover how to use brain science to quickly improve your mobility and flexibility, and the difference between an internal focus vs. external target.

FEATURED WORKOUTS



Workout #1:

This week Coach Sky demonstrates a fun routine to help improve your breaststroke. Not a swimmer? Not a problem! Infuse your workout routine with little variety!



Workout #2:

This week is Local Exploration Week! Download our **Destination Bingo Card** and show us where you are sheltering-in-place. DM us on **Instagram** with pix of your 3 in a row (or email your submission to **KHRC@usfca.edu**).



Workout #3:

Review these mobility drills to prepare for the upcoming Virtual 5k (Week of 9/28).



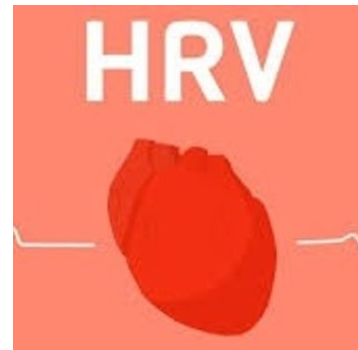
Workout #4:

Build a strong core and foundation when you join Rosemary's Pilates Mat class (Zoom) on Tuesdays @ 12pm and Thursdays @ 5pm.

SELF-CARE CORNER

Are you using HRV to help achieve results and avoid injuries? Coach Joel Jamieson suggests you follow these **five simple and effective tips** and watch your fitness transform from the inside out.

1. Train easier, but more often
2. Use nutrition to break the inflammation cycle
3. Improve your sleep quality
4. Improve your aerobic fitness
5. Chill out



COMMUNITY CORNER



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. Latinx Rise Up @POPSUGAR Latina featured a group of Latinx women (including DREAMERs, first-generation Americans, and recently naturalized citizens) devoting their time fighting for equality, lifting their voices, and building community!

BE INSPIRED by **their stories!**

La Colectiva brings together Latinx-identified staff and faculty members at USF who are interested in building community with one another across our campuses. Fill out **this form** to join the monthly gatherings and stay engaged with La Colectiva.

Register for the UndocuAlly 101 workshop hosted by **DECO** on November 5th (12-1:30pm). The purpose of the UndocuAlly session is to promote equity on 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, participants gain foundational knowledge of the nuances of navigating higher education as an undocumented student through understanding local, state, national as well as institutional policies.

Tune in to The Exploratorium's **Latinx Engineering Day 2020** on Sunday, 9/27 (2pm). This free, bilingual program was created for all audiences, from creative children who love to make things to youth interested in engineering careers.

VOTER FAQ

How Old Do I Need to Be?

18 years-old by election, you can pre-register at 16 or 17 years old

Can I Register Online?

Yes, if you have a state issued ID you can register to Vote Online (otherwise register on paper)

I Have a Felony Record, Can I Still Register?

Yes, voting rights are restored after completion of sentence/parole

I Am Homeless, How Do I Register?

Use the address or cross streets for wherever you sleep

Where Do I Register in Person?

DMV office, post office, public libraries and government offices

Is there a Residency Requirement?

No, but if becoming a resident less than 15 days before election must visit election office at least 7 days before election to become eligible to vote in election

Do I need ID to register in-person?

Need license or ID, but can use last 4 of SSN. If you don't have any form, the elections office will assign a number to identify you as a voter



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