



October 1, 2020



The Go Dons Get Fit challenge is held every year throughout the month of October. In this challenge, USF students compete with faculty and staff to determine who is the most active. At the end of the month, all minutes are accumulated and the winner receives the Cartwright Cup, named after **Bill Cartwright**. The Recreational Sports Department is excited to collaborate with our colleagues in **Human Resources** and **Health Promotion Services** to make this year's 5th Annual Go Dons Get Fit challenge the best yet! Since the shelter-in-place does not allow us to do the Annual Spirit Walk, we challenge those with a strong competitive spirit to aim for the Dons Spirit 100 Mile Challenge! Complete 100 miles of any activity and win a badge of honor!

If you want something you have never had, you must be willing to do something you have never done.

Thomas Jefferson

quote fancy

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Fitness 101

This week Coach Dom discusses the benefits of working with a **certified personal trainer** to identify and achieve realistic fitness goals safely and effectively.

Why Choose Personal Training?



Train Your Brain

Discover the vital visual and vestibular connection, and learn this simple drill that may translate to improved movement in whatever activity you enjoy.

FEATURED WORKOUTS



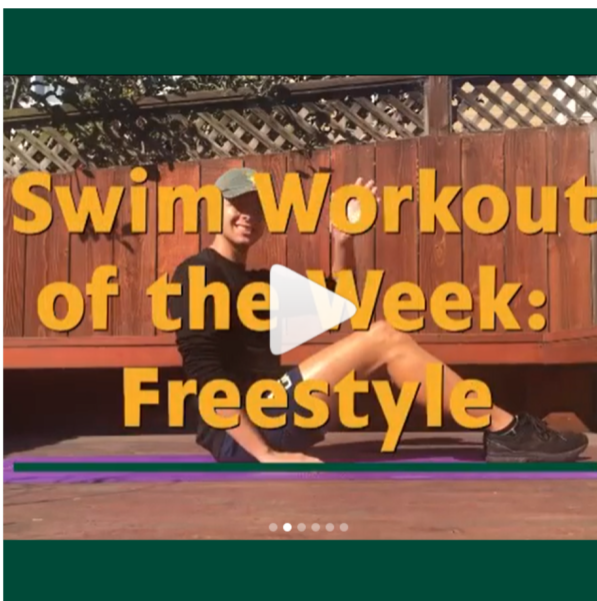
Workout #1:

Download your race bib and DM us on **Instagram** (or email your submission to **KHRC@usfca.edu**) with pix of you completing your Virtual 5k (3.1 miles).



Workout #2:

USF **Students, Faculty and Staff** are invited to join the **Go Dons Get Fit** challenge throughout the month of October. Looking for an extra challenge? Commit to the Dons Spirit 100 Mile Challenge.



Workout #3:

Make sure to get a nice warmup in before

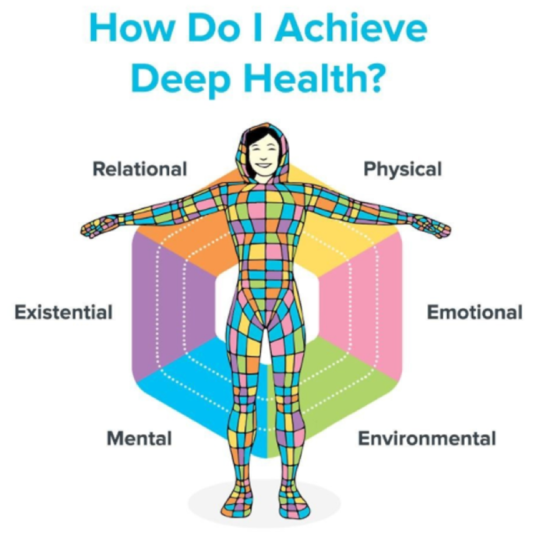


Workout #4:

Follow along as Maggie leads you through this simple mobility flow

SELF-CARE CORNER

In a rut or frustrated that you are not reaching your goals? The professionals at **Precision Nutrition** encourage you to consider the six elements of **Deep Health**. Struggling with one dimension of **Deep Health** may negatively impact others, but improving one dimension may also have a surprising benefit to the others.



1. **Relational:** I feel connected and authentic with others, I feel supported, I belong
2. **Physical:** I feel healthy, energized and thriving. I perform and function well
3. **Emotional:** I feel a range of emotions, but mostly calm, hopeful and positive
4. **Environmental:** What is around me supports my health and wellbeing
5. **Mental:** I feel alert, focused, competent and thoughtful. I learn, remember and solve problems well.
6. **Existential:** I feel a sense of meaning and purpose.

COMMUNITY CORNER

Coach Dom has extended the deadline for his survey to determine how reduced physical activity during quarantine affects older adult's mental health. If you are 55 years of age or older, **this link** will take you to the **survey**. If



you are under 55 years of age, please forward **this survey link** to friends and family members.

Our colleagues at the **Mosaic Project** offer these 5 tips for talking about race & difference: look at discomfort as a gift, accept you are going to mess up, get vulnerable, be open-minded, and remember you cannot force it.

If you've ever witnessed someone being abused online, wanted to step in, but had no idea what to do, join **PEN America** and **Hollaback!** for a free, one-hour, interactive training on how to intervene safely and effectively. October dates coming soon! **HeartMob** (powered by Hollaback!) lets you report and document harassment across platforms and get the kind of help you want from the community.

RAICES is a nonprofit agency that promotes justice by providing free and low-cost legal services to underserved immigrant children, families, and refugees. With legal services, social programs, bond assistance, and an advocacy team focused on changing the narrative around immigration in this country, RAICES is operating on the national frontlines of the fight for immigration rights.

Tune in on **Thursday, 10/1 @ 1pm PST** to their Facebook Live conversation with **RAICES' President & CEO Jonathan Ryan and Jean Guerrero**, the first Latina journalist to publish an investigative book about the Trump administration.

Join the conversation **#USFCA**



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