

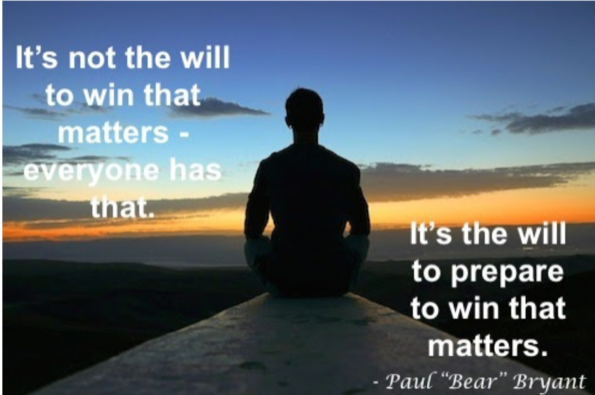


Inspired by a very special new beginning in the Koret family (see Celebration Corner) this week's newsletter focuses on the benefits of proper preparation when learning a new activity or starting a fitness program. We provide a variety of resources and recommendations for all ages and ability levels. We encourage you to educate and empower yourself by reading Dom's article on **Strength Training for All Ages**.

Fitness 101

This week Dom's **Fitness 101** focus is on proper technique of the front lunge, and the modified reverse lunge (for those prone to knee pain).





Quote of the Day

"It's not the will to win that matters- everyone has that. It's the will to prepare to win that matters."

-Paul "Bear" Bryant



Train Your Brain

If you struggle with knee pain during lunging, you may want to learn this simple **midline stability test and drill**.

PREPARATION

Ask a Trainer (Q&A for Runners)

Wednesday, 6/3 @ 12pm (Zoom)

Are you a runner looking to improve your current training program? Or are you one of the many people seeking equipment-free workout options during shelter-in-place? Please join us for this Q



& A session with Koret trainer Dominic Wall. He will discuss the importance of including mobility flows, proper warm ups, cross training workouts, recovery workouts, technique drills and planned runs (recovery, interval, distance, timed, etc.) in order to stay motivated, remain injury-free and ultimately succeed at your running goals. Email fitness@usfca.edu to request a Zoom link.

FEATURED WORKOUTS



Workout #1

Busy day? Check out the new 30 min. **Core & More w/Maggie**, weekdays at 11:30am (starts June1).



Workout #2

Review the **entire library** of Fitness 101 and Self-Care Mobility and Relaxation videos.



Workout #3

Sheltering in place with little ones? Do a little dance, **learn to wash a hand**, have fun tonight!



Workout #4

Exercise your eye muscles when you read this article on the benefits of **strength training for all ages**.

SELF-CARE CORNER

Does your hectic schedule leave you with little time for self-care? Here are

some recommendations from Koret staff.

30 minutes

Listen to this discussion with **George Rutherford** (Head of the Division of Infectious Disease and Global Epidemiology in the Department of Epidemiology and Biostatistics, UCSF) as he explains how to prevent a second wave of COVID-19 infections in the bay area.

1 hour

Visit the **Outdoor Adventures page** to learn about a variety of **San Francisco trail hikes, scenic routes** and **free apps** to find the perfect place to stroll, walk, jog, run, hike or bike.

6 hours

Earn a **free certificate** from Johns Hopkins University when you take advantage of this complimentary online course on COVID-19 contact tracing.

1 day (or more)

Visit the USF **Staycation** page and discover the best strategies for enjoying travel-free time off.

CELEBRATION CORNER



What better reminder of the possibilities of new beginnings than the sweet faces of these newborn babies. Koret Aquatics Director Clare Kubiak and her family welcomed twins Thomas Xavier and James Andrew to the world on May 8th. We are SO EXCITED for the happy (sleepless) family! If you want to share a note to inspire Clare on her daring new adventure, please contact usfaquatics@gmail.com and we will forward your message.

Join the conversation **#USFCA**



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