



August 6, 2020



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As summer comes to a close, and fall is fast approaching, we hope to provide everyone with self-care strategies to support you through the extended shelter-in-place. Our **Outdoor Adventures** page provides guidance for anyone seeking to connect with nature. The **Koret** page includes descriptions of the upcoming 11-week Rec Sport Challenge featuring hiking, virtual 5k, virtual half marathon, workshops (Yoga, Running, Program Design), live contests, a trick shot challenge and more!

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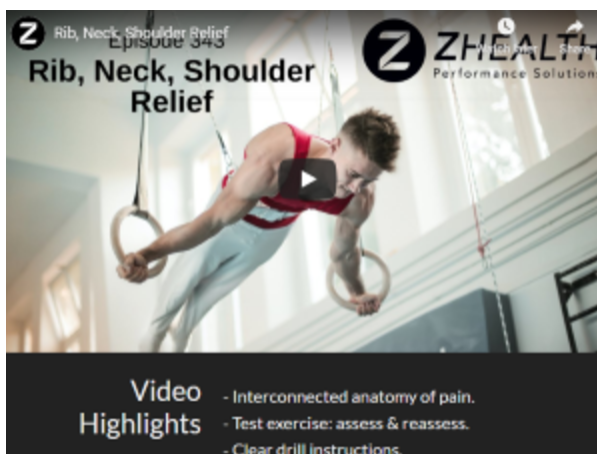
*"If you look for the light, you can always find it. But if you look for the dark, that is all you will ever see" - Uncle Iroh (Avatar: The Last Airbender)*

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## Running 101

This week Dom is enjoying a well-deserved break. To keep momentum for our Running 101 series, Melissa recommends watching **10 Running Mistakes You're Probably Still Making** and reviewing **Mobility and Strength Exercises for Runners**.



## Train Your Brain

If long days of remote work leave you experiencing neck, shoulder or upper back pain, these follow-along first rib mobilization drills might help provide some relief.

# FEATURED WORKOUTS



## Workout #1:

Take a stroll to the Dutch Windmill in Golden Gate Park for a mini-escape. It's beautifully landscaped and when it's quiet enough, you can hear the waves crash at Ocean Beach.



## Workout #2:

Visit our **Fitness** page for the updated **Group Fitness Schedule**, Fitness 101 Video Library and Self-Care for Healthcare Workers series (featuring USF nursing students).



## Workout #3:

Pick a partner and review the schedule for the upcoming **Fall 2020 Rec Sports Challenge**!



## Workout #4:

Follow along as Maggie demonstrates a regression for the **Turkish Get-Up**



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## SELF-CARE CORNER

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Celyn  
(USF Alumni, School of Law)

*"I have been making sure to hang out (online/phone) with my good friends at least once a week. Sometimes we will just chat, but more often than not we are doing an activity together like watching a show (**Avatar: The Last Airbender** or **Dirk Gently**) or playing a multiplayer online game. My other self-care is taking some time out of a day or two in the week to pamper myself--this could be in the form of doing my nails, taking a bath, baking myself something tasty and reading one of my favorite books."*



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## COMMUNITY CORNER

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Follow [@antiracismcalendar](#) to find daily action steps/resources for you to actively become anti-racist. Not on social media? Simply [download this pdf](#) for a calendar of options.

Don't miss **COVID Conversations: Children, Masks, and the Surge** featuring Exploratorium Senior Scientist **Jennifer Frazier** in conversation with Dr. George Rutherford (UCSF) on Wednesday, August 12th @ 4pm. Send your questions in advance by [posting them here](#).

**Stand Up Against Street Harassment.** Hollaback! teaches bystander intervention using their **proven 5D's methodology**: Distract, Delegate, Document, Delay, and Direct. Exit polls show that 98% of people who attend this free online training leave confident they will intervene next time they witness disrespect or harassment.

Register for **Re-Imagining Policing: SFPD Chief William Scott in Conversation with Dr. Clarence B. Jones**, an intergenerational conversation about police violence, public safety, and calls for change in the wake of the movement for Black lives. This conversation will be moderated by USF student Mike'l Gregory '22.

Join the conversation **#USFCA**





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