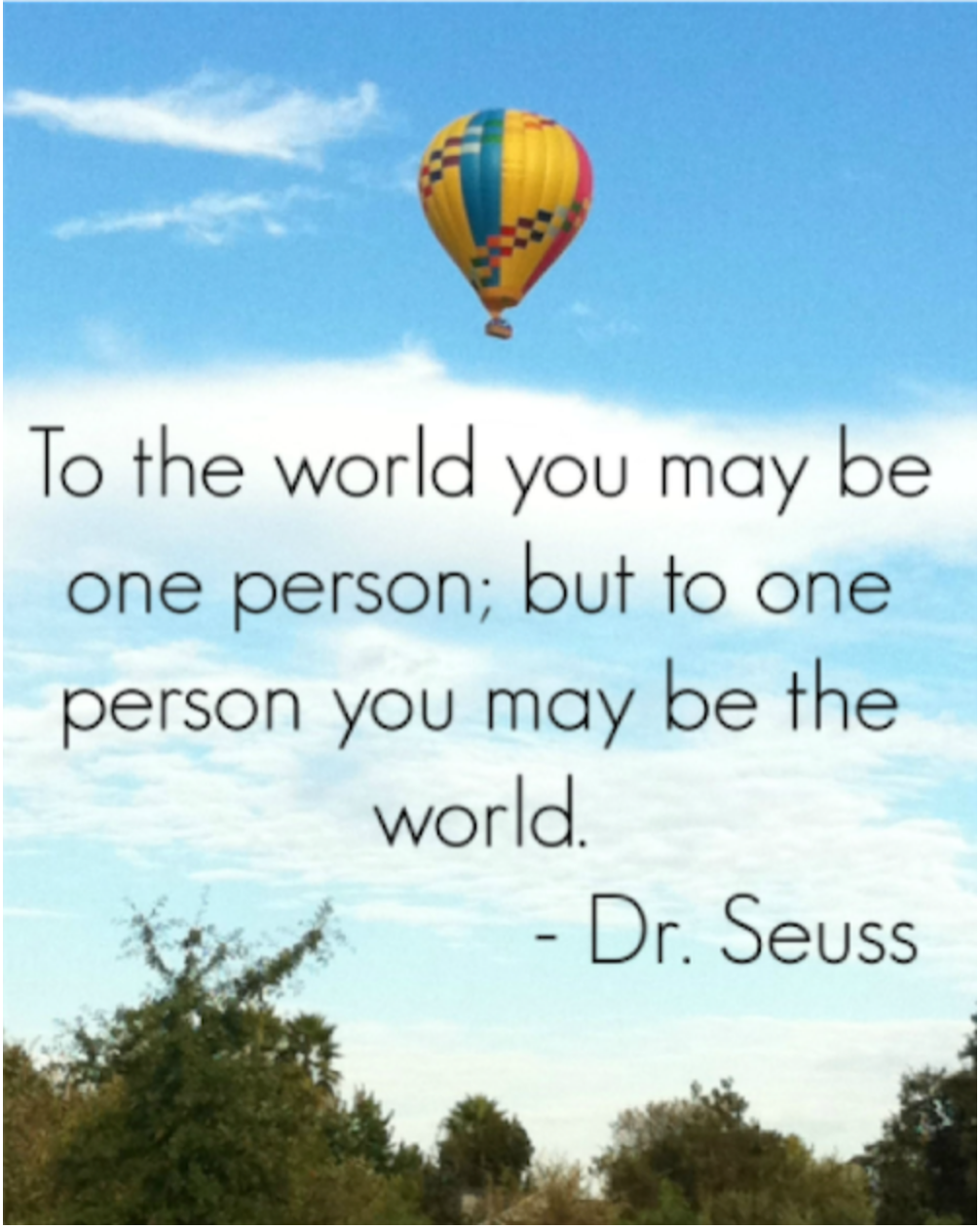
UNIVERSITY OF SAN FRANCISCO | Koret Health and Recreation Center

October 22, 2020

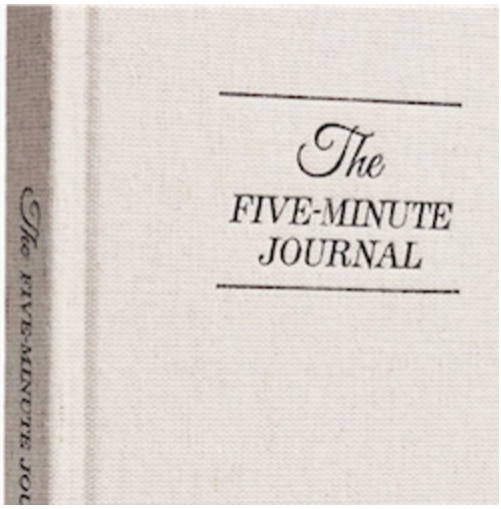
We have reached the second half of the **Rec Sports Fall Challenge** and this week is dedicated to the health benefits of expressing gratitude. Research has shown gratitude to improve sleep quality, well-being, happiness, physical fitness, cardiovascular health, and decision-making. Gratitude can also reduce depressive symptoms, blood pressure and substance misuse. Find the best fit for your lifestyle: sending a thank you note, keeping a gratitude journal, starting a meditation practice, or sharing an authentic 'thank you' with someone who has done something nice for you. DM us on Instagram (**@usfkoret**) or email **KHRC@usfca.edu** (before Sunday at midnight) and show us what or who you are grateful for.



“To the world you may be one person; but to one person you may be the world.” - Dr. Seuss

Yoga 101

Meet Koret instructor Brian Davis who is guiding us through a **30-Day Yoga Challenge**. Journal prompts posted daily on Instagram (**@usfkoret**).



Train Your Brain

Learn this simple tool to help develop a gratitude practice, the 5 min. journal.

FEATURED WORKOUTS

Workout #1:
Commit to starting a gratitude practice. Download the **Win**

Workout #2:
This week Coach Sky brings us a HIIT workout targeting the

Streak app, start a gratitude journal, or simply mentally note 3 things you are grateful for each night before you go to sleep.

legs! Don't forget to log your minutes for **Go Dons Get Fit**!

Workout #3:
Brian sends everyone positive vibrations in his musical rendition of Lokah Samastah Sukhino Bhavantu, "May all beings everywhere be happy and free."

Workout #4:
We offer 31 free Zoom classes every week. Find the instructor and class format that is the best fit for your schedule. Don't forget to log your minutes for **Go Dons Get Fit!**

SELF-CARE CORNER

We want to encourage everyone to participate in the upcoming Virtual Half Marathon (Rec Sports Challenge, Week of 11/2). Don't let the distance dissuade you, we broke it down so you can choose the option that fits your personal style:

"I LOVE Halloween/Bay to Breakers

- Form a team with friends and/or family members and

split the distance. Dress up in your favorite costume and take pictures to track your progress. Doing a relay? Use a candy bar as your baton and DM us on Instagram with your progress using pix and videos!

"I LOVE my Fitbit"

- Break the race into manageable distances throughout the week: 1 day (27,687 steps/day), 2 days (13,844 steps/day), 3 days (9,229 steps/day), 4 days (6,922 steps/day), 5 days (5,537 steps/day), 6 days (4,615 steps/day), 7 days (3,955 steps/day).

"I LOVE being part of a team"

- 2 person team (6.6 miles/each), 3 person team (4.4 miles/each), 4 person team (3.3 miles/each), 5 person team (2.6 miles/each), 6 person team (2.2 miles/each), 7 person team (1.9 miles/each).

"I LOVE a challenge"

- Whether you are a beginner, intermediate or advanced runner, email **fitness@usfca.edu** to inquire about a free 12-week running training program (includes cross training and recovery workouts). If you choose this option, simply begin your program the week of 11/2 and send us your completion photo/video by 2/1/2021!
- To request your Virtual Half Marathon run bib, email **KHRC@usfca.edu** with your mailing address and # of bibs you'd like delivered.

COMMUNITY CORNER

Find your polling place and make your plan for election day.

In response to the increased voter intimidation and harassment being expected in the upcoming 2020 election Hollaback! is offering a free, one-hour, interactive trainings to teach people how to safely intervene when they witness voter harassment at the polls on election day using Hollaback!'s 5D's of bystander intervention (**10/22 @ 11am, 10/29 @ 2pm, 11/2 @ 1pm**).

Our colleagues at CAPS invite you to review this **Election Self-Care Kit**

Sisters By Choice is a Georgia-based organization taking the street and providing FREE breast health service to the uninsured and the medically underserved!

The Mosaic Project presents the **Pyramid of Peace** and **Pyramid of Violence** to help us identify systems and practices that impact society. Each day our choices help to either build the Pyramid of Peace, or dismantle the Pyramid of Violence. What do you choose?

Join the conversation **#USFCA**

UNIVERSITY OF SAN FRANCISCO
Koret Health and Recreation Center

(415) 422-6821
USFCA.EDU
DIRECTIONS
CONTACT US

CHANGE THE WORLD FROM HERE

University of San Francisco
2130 Fulton St
San Francisco, CA | 94117 US

If you wish to be removed from the Koret Health and Recreation Center mailing list, **click here**.
View this email **online**.

This email was sent to .
To continue receiving our emails, add us to your address book.

Subscribe to our email list.