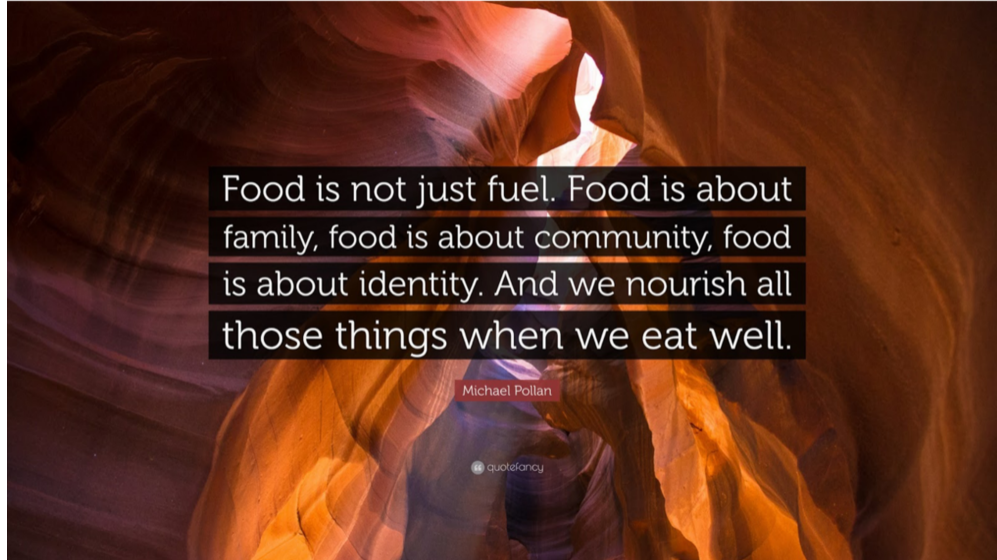




July 16, 2020



On Tuesday of this week, President Fr. Paul Fitzgerald announced that USF would move to remote learning for the upcoming fall semester. This decision was guided by specific instructions issued to institutions of higher education by the SF Department of Public Health. Our facility reopening roadmap must be adjusted to account for this new information, so we hope to share updates in the coming weeks. **Reopening San Francisco** still has gyms, indoor swimming pools and basketball courts listed in phase 3 (August and beyond). In the meantime, we encourage everyone to join us to walk, jog, hike or run the **Summer Virtual 5k Challenge** (Week of July 20). This week's newsletter offers up a variety of 5k routes in the city, and recommendations for preventing injuries along your journey.

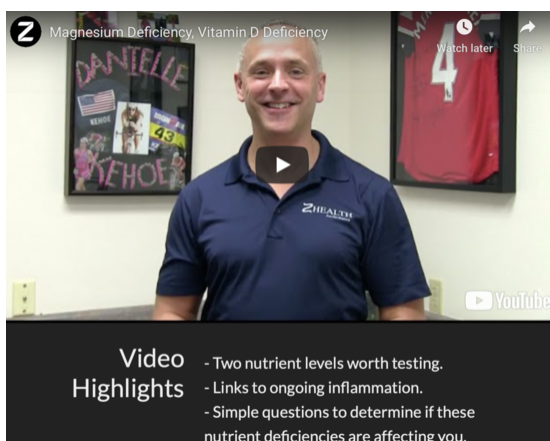


"Food is not just fuel. Food is about family, food is about community, food is about identity. We nourish all those things when we eat well."

- Michael Pollan

Running 101

This week Dom continues his Running 101 series with a focus on the importance of incorporating proper **nutrition as part of a running program.**



Train Your Brain

Deficiencies of these 2 nutrients may hold the answer for individuals experiencing depression, gut issues, low energy, inflammation and poor sleep quality.

FEATURED WORKOUTS

(Virtual 5k Challenge)



Workout #1

Visit Strava for the the **Crissy Field to Hopper's Hands** 5k route.



Workout #2

Walk or run **this flat and fast 5k route** in downtown SF.



Workout #3

Recreate responsibly, **download this map**, and take your own adventure through the Land's End Loop.



Workout #4

Not quite ready? No problem. Respect your limits. You will always have time to get **Dom's free 5k Prep Program**. Don't forget to review the **Fitness 101** library, and our **Mobility and Strength Exercises for Runners** video.

SELF-CARE CORNER

Find a safe space and discover the benefits of this 5 minute **Grounding Meditation**.

Our colleagues in USF Health Promotion Services (**@usfhps**) have these self talk reminders for anyone struggling with the extended shelter-in-place:

- “I am strong enough to handle what is happening to me right now
- “This is temporary.”
- “My thoughts do not control my life. I do.
- “I’ve already been through other painful experiences, and I’ve survived.”

COMMUNITY CORNER

Asian Americans Advancing Justice is an organization dedicated to fighting for civil rights and empowering Asian Americans to create a more just America for all. Please share this information on **Language Rights in Voting** to help every citizen cast their vote.

Clinical Psychologist, Dr. Joy Harden Bradford (**hellodrjoy**) has had a tremendous impact on the mental health climate for Black women. Her blog, **podcast**, and Therapy for Black Girls Thrive Tribe discussion group give Black women a safe place to address personal and systemic issues that impact their lives.

The **National Queer and Trans Therapists of Color Network (@NQTTN)** prioritizes the needs and resources of QTPoC mental health. They create, maintain and share healing justice resources including their QTPoC Mental Health Practitioner Directory, an interactive digital resource to connect QTPoC to QTPoC practitioners, and the Mental Health Fund, which provides supplemental financial assistance for QTPoC who cannot afford psychotherapy.

The Recreational Sports Department stands in solidarity with survivors of sexual assault, appreciating the courage it takes to come forward and share such personal experiences. If you or someone you know has experienced sexual assault, please consider reaching out to the **National Sexual Assault Telephone Hotline** or **San Francisco Women Against Rape**.

Know Your IX is a survivor- and youth-led project that aims to empower students to end sexual and dating violence in their schools. They envision a

world in which all students can pursue their civil right to an education free from violence and harassment.

Join the conversation **#USFCA**



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