To continue receiving our emails, add us to your address book. This email was sent to . View this email If you wish to be removed from the Koret Health and Recreation Center mailing list, San Francisco, CA | 94117 US University of San Francisco

---

**Dom**

Join the conversation with Professors and co-workers for their unconditional support and for making my transition into post-grad life! I would like to thank my family, girlfriend, roommates, friends, MIMS Cohort 3, and the community behind me, and can't wait to see how we all continue to develop as we transition into post-grad life.

**Maggie**

My most memorable USF experience would be joining the Rugby Club and creating a second family. Training philosophy: Improve 1% better than yesterday.

**Ken**

I would like to thank my family for their unconditional support throughout the past 4 years. They should know who they are. I truly feel like I have a strong foundation to move forward.

**Deirdre**


**Maggie**

Healthy new habits: Training at home, focus on the plank and core, adding in flexibility and improving flexibility. Favorite comfort food: Udon.

**Matt**


**Lovely Day**

The difference between being stationary and being active is the crucial one. It's never too late to start and it's never too late to change. Keep moving, keep living. Let's enjoy the beautiful weather we have been experiencing!

---

**Featured Workouts**

**Workout #1**

Get the ultimate rush when you get up and get moving. The true strength of the body is movement. Follow along with this fast-paced, high intensity workout to get the body moving.

**Workout #2**

Decrease your risk of depression, reduce stress and improve overall well-being. The goal is to work on different muscle groups and make this workout accessible to a variety of ages and ability levels.

**Workout #3**

Add some Zumba and dance to your routine. Exercise more accessible to a variety of ages and ability levels. It's never too late to start and it's never too late to change. Keep moving, keep living. Let's enjoy the beautiful weather we have been experiencing!

**Workout #4**

Learn how to turn a pair of socks into a new essential training tool for a strong core. He provides modifications and progressions to make this workout accessible to a variety of ages and ability levels.記憶力の向上は、専門的知識を習得し、脳を鍛えることで可能にする。

---

**Celebration Corner**

This week we continue the celebration of our recent Koret student staff leadership team. The student staff team has been instrumental in providing modifications and progressions to make this workout accessible to a variety of ages and ability levels. It's never too late to start and it's never too late to change. Keep moving, keep living. Let's enjoy the beautiful weather we have been experiencing!

---

**Trainer Recommendations**

**Dom**

Partnering with nursing providers video series.

**Maggie**

USFCA.EDU (415) 422-6821

---

**Fitness 101**

Exercise is a crucial part of maintaining a healthy body. It's never too late to start and it's never too late to change. Keep moving, keep living. Let's enjoy the beautiful weather we have been experiencing! If you have enjoyed following Dom's Fitness 101 videos, please subscribe to our email list.

---

**Fitness Providers video series**

Join us for Zoom 'Q & A for Runners'. Please join the restorative power of music, dance and yoga. Stay tuned for more and be sure to see our email announcements for details!