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**Quote of the Day**

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." - Albert Einstein

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**Trainer Recommendations**

**Doom**

Doom promotes Brains for Life, a weekly yoga class, which focuses on the body's natural chemistry and the impact of a healthy lifestyle. The class is perfect for beginners and provides modifications for more advanced practitioners.

**Rosie**

Rosie suggests a mindful practice that includes breathing exercises and meditation. This practice is designed to help individuals relax and reduce stress.

**Maggie**

Maggie recommends an online video series on self-care for healthcare providers. The series includes recommendations for developing a holistic self-care regimen.

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**Featured Workouts**

**Workout #1**

Train smarter, not harder, with a focus on the plank (and a towel as a substitute). Use your body weight as resistance and engage your core.

**Workout #2**

Decrease your risk of depression, reduce stress, and get the ultimate rush when you move. Incorporate cardio into your routine with a high-intensity interval training (HIIT) workout.

**Workout #3**

Learn how to turn a pair of socks into a mobility tool (or a towel as a substitute). Use the socks to perform a variety of exercises that target different muscle groups.

**Workout #4**

Add some fun to your routine with Zumba. This dance class is suitable for all fitness levels and can be a great way to release endorphins.

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**Celebration Corner**

This week we continue the celebration of our recent Koret student staff graduates, including many familiar faces from the equipment desk, front desk, and administrative staff. We are also reminded to be grateful for the amazing talent of our current team, including trainers who were able to pivot to providing online classes and digital programming.

This week Dom's Focus is on the plank movement. This is an essential training tool for a strong core. This week Dom provides modifications and progressions to make this fundamental exercise more accessible to a variety of ages and ability levels.

**Fitness 101**

**Healthy new habits:**

- Wear blue light blocking glasses (who knows if they actually work, lol).

**Healthy new habit:**

- Practice mindfulness in your daily life. Take a few minutes each day to focus on your breathing and be present.

**Favorite comfort food:**

- Noodle soup, ramen, pho. Single out your favorite broth, and enjoy a soothing meal.

**Favorite piece of equipment:**

- Foam roller. Use it to relieve muscle tension and improve mobility.

**Favorite music:**

- Metal. Explore a variety of genres to find your current mood.

**Favorite song:**

- "Lovely Day" by Bill Withers. This timeless classic can bring a smile to your face.

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**Volunteer Opportunities**

We are currently seeking volunteers to help with programming and outreach. If you are interested in getting involved, please email us at fitness@usfca.edu.

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