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

---

**Trainer Recommendations**

**Dom**
- Activity: Yoga
- Favorite music: Metal.
- Favorite piece of equipment: Yoga strap.
- Healthy new habit: Performing 10 minutes of breathing exercises and meditation.
- Secret to fitness success: Consistency and commitment to a manageable program for life.
- Training philosophy: If you actually work, lol).

**Rosemary**
- Activity: CrossFit
- Favorite music: Train Your Brain (Bill Withers).
- Favorite piece of equipment: Foam roller.
- Healthy new habit: The restorative power of music, dance and yoga.
- Secret to fitness success: Decrease your risk of depression, reduce stress and anxiety, sleep better, improve your overall health.
- Training philosophy: Get the ultimate rush when you volunteer.

**Deirdre**
- Activity: Cardio Training
- Favorite music: Nice day for a walk.
- Favorite piece of equipment: Resistance bands
- Healthy new habit: Evidence-based exercise techniques to get you into shape.
- Secret to fitness success: It's time to stop questioning.
- Training philosophy: It's time to stop questioning.

**Maggie**
- Activity: Zumba
- Favorite music: Lovely Day.
- Favorite piece of equipment: Yoga mat.
- Healthy new habit: Zumba helps to burn calories and build muscle.
- Secret to fitness success: Exercise more accessible to a lifetime experience.
- Training philosophy: Learn from yesterday, live for today, hope for tomorrow.

---

**Featured Workouts**

**Workout #1**
- Move all levels, stay active and release dopamine (just like a proper workout).

**Workout #2**
- Target all levels, science-backed and designed to improve strength

**Workout #3**
- Cardiovascular exercise
- Target all levels, build strength and endurance

**Workout #4**
- Dynamic movements
- Target all levels, build strength, balance and coordination

---

**Celebration Corner**

This week Dom's Fitness 101 provides modifications and focuses on the plank movement.

This week we continue the celebration of our recent Koret student staff graduates, including many familiar faces from the equipment desk, front desk, and the students who worked as Fitness Providers video library.

This week our staff shares some educational resources without missing a beat. This week our staff shares some educational resources without missing a beat. This week our staff shares some educational resources without missing a beat.

---

Train Your Brain

**Sage Advice**

Sage advice on how to best support oneself during the shelter-in-place, including trainers who were able to pivot to providing online classes and educational resources without missing a beat. This week our staff shares some educational resources without missing a beat. This week our staff shares some educational resources without missing a beat. This week our staff shares some educational resources without missing a beat.

---

**Quote of the Day**

"I would like to thank my parents and family for everything they have done for me over the years. They should know who they are. I truly feel like I have a strong foundation behind me, and can't wait to see how we all continue to develop as professionals and individuals." - Olivia

"We transition into post-grad life as a lifetime experience." - Jeremiah

"Join the conversation #USFCA"