



This week we continue the celebration of our recent Koret student staff graduates, including many familiar faces from the equipment desk, front desk, lifeguard chair, group fitness classes, club sport teams and workout floors. 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 educational resources without missing a beat. This week our staff shares some sage advice on how to best support oneself during the shelter-in-place, including recommendations for developing a holistic self-care regimen.

Fitness 101

This week Dom's **Fitness 101** focuses on the plank. He provides modifications and progressions to make this exercise more accessible to a variety of ages and ability levels.



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

Albert Einstein

Quote of the Day

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

- *Albert Einstein*



Video Highlights

- 3 Specific Recommended Positions.
- There is a reason old time strong men loved doing isometrics.
- A great way to get strong and avoid painful movement.

Train Your Brain

Learn about the **power and effectiveness of isometric exercise** as an essential tool for anyone rehabbing an injury, building strength or looking to create definition (without sacrificing safety).

Trainer Recommendations

Dom

Training philosophy: Train smarter, not harder, and always keep learning.

Favorite piece of equipment: Resistance bands (or a towel as a substitute).

Healthy new habits: Exercising outdoors and wearing blue light blocking glasses (who knows if they actually work, lol).



If you have enjoyed following Dom's **Fitness 101** video series, please save the date on Wednesday, 6/3 @ 12-1pm for a Zoom 'Q & A for Runners'. Please join us if you are interested in developing (or improving) a running program.

Request a Zoom link and email questions in advance by contacting fitness@usfca.edu.

Rosemary

Favorite comfort food: Homemade dal.

Favorite piece of equipment: Foam roller (and yoga strap).

Favorite song: **Lovely Day** (Bill Withers).

Healthy new habit: Partnering with nursing students to create Self-Care for Healthcare Providers video series.



Maggie

Training philosophy: Improve 1 % better than yesterday.

Favorite piece of equipment: Resistance bands

Favorite comfort food: Noodle soup, ramen, pho, udon.

Healthy new habits (since sheltering in place): Breathing exercises and meditation.



Deirdre

Secret to fitness success: Consistency and commitment to a manageable program for life.

Favorite piece of equipment: Foam roller.

Favorite music: Metal.



Featured Workouts



Workout #1

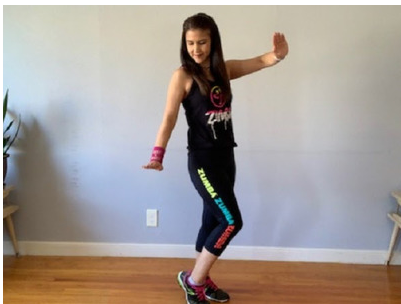
Get the ultimate rush when you **volunteer**.

Decrease your risk of depression, reduce stress levels, stay active and release dopamine (just like a proper workout).



Workout #2

Learn how to turn a pair of socks into an essential training tool for a strong core.



Workout #3

Add some **Zumba** to your Zoom and experience the restorative power of music, dance and movement.



Workout #4

Review the entire **Self-Care for Healthcare Providers video library** to learn simple mobility sequences to fit into a busy day. Like what you see? Share with a friend!

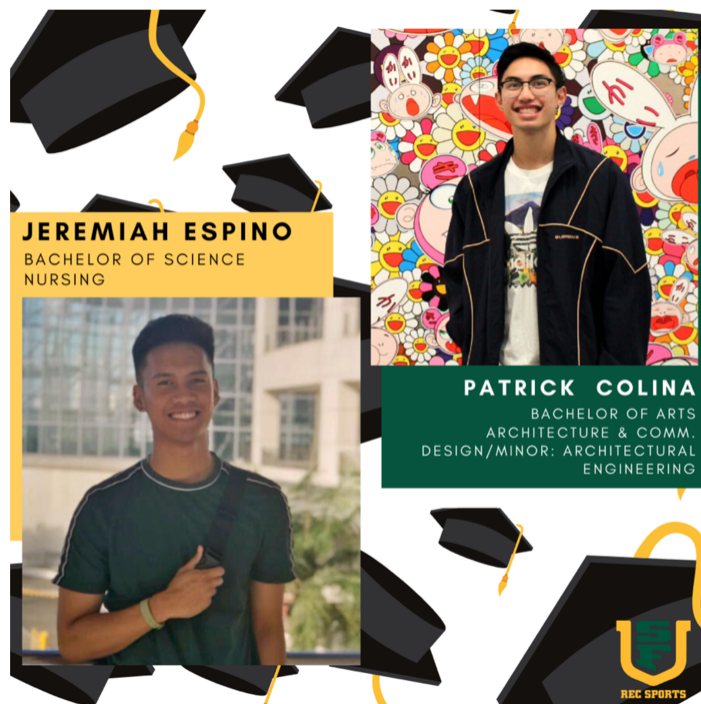
Celebration Corner

“I would like to thank my parents and family for everything they have done for me over the years, including coming to my games! To my friends, for all of the adventures and memories that we created over the years. Can't wait to see what's next for us all!” - *Olivia*



“My most memorable USF experience would be joining the Rugby Club because it allowed me to get out of my comfort zone, have a lifetime of memories, and create a second family.” - *Janel*

“I want to thank my friends for their overwhelming support throughout the past 4 years. They should know who they are. I truly feel like I have a strong community behind me, and can't wait to see how we all continue to develop as we transition into post-grad life :)” - *Jeremiah*



"I would like to thank my family, girlfriend, roommates, friends, MIMS Cohort 3, Professors and co-workers for their unconditional support and for making my time in USF a lifetime experience." - Ken



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(415) 422-6821

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

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