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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. - Jeremiah

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. - Deirdre

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 adventures and memories that we created over the years. Can't wait to see what's next for us all! - Olivia

 Favorite piece of equipment: Yoga mat.
Favorite comfort food: Udon.
Favorite music: Lovely Day (Bill Withers).
Favorite piece of equipment: Foam roller.
Favorite comfort food: Homemade dal.
Favorite music: Stop questioning. - Albert Einstein

Flair: #USFCA

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**Featured Workouts**

**Workout #1**
Improve 1% better than yesterday. "Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." - Albert Einstein

**Workout #2**
Decrease your risk of depression, reduce stress and improve your overall mood. Exercising outdoors and wearing blue light blocking glasses (who knows if they actually work, lol). w/ Jamaal

**Workout #3**
Learn how to turn a pair of socks into a headband, learn about the restorative power of music, dance and Zumba. Add some resistance bands into an essential training tool for a strong core. 

**Workout #4**
Learn some simple mobility sequences to fit into a busy day. Like what you see? Share with a friend!

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**Celebration Corner**

The Koret Health and Recreation Center team would like to recognize and celebrate one of our recent graduates, including many familiar faces from the equipment desk, front desk, student staff, staff, and students to create Self-Care for Healthcare Providers video series.

This week Dom's Fitness 101 provides modifications and progressions to make this essential training tool for a strong core. Including recommendations for developing a holistic self-care regimen.

This week we continue the celebration of our recent Koret student staff graduates, including many familiar faces from the equipment desk, front desk, students to create Self-Care for Healthcare Providers video series.

We want to acknowledge the amazing talent of our current team, including trainers who were able to pivot to providing online classes and fitness for tomorrow. The important thing is not to stop questioning.

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 fitness for tomorrow. The important thing is not to stop questioning.

In light of a difficult year, we want to thank and celebrate the amazing talent of our current team, including trainers who were able to pivot to providing online classes and fitness for tomorrow. The important thing is not to stop questioning.

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**Contact Us**

DIRECTIONS
(415) 422-6821

Fitness@usfca.edu

Request a Zoom link and email questions in advance by contacting us if you are interested in developing (or improving) a running program.

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