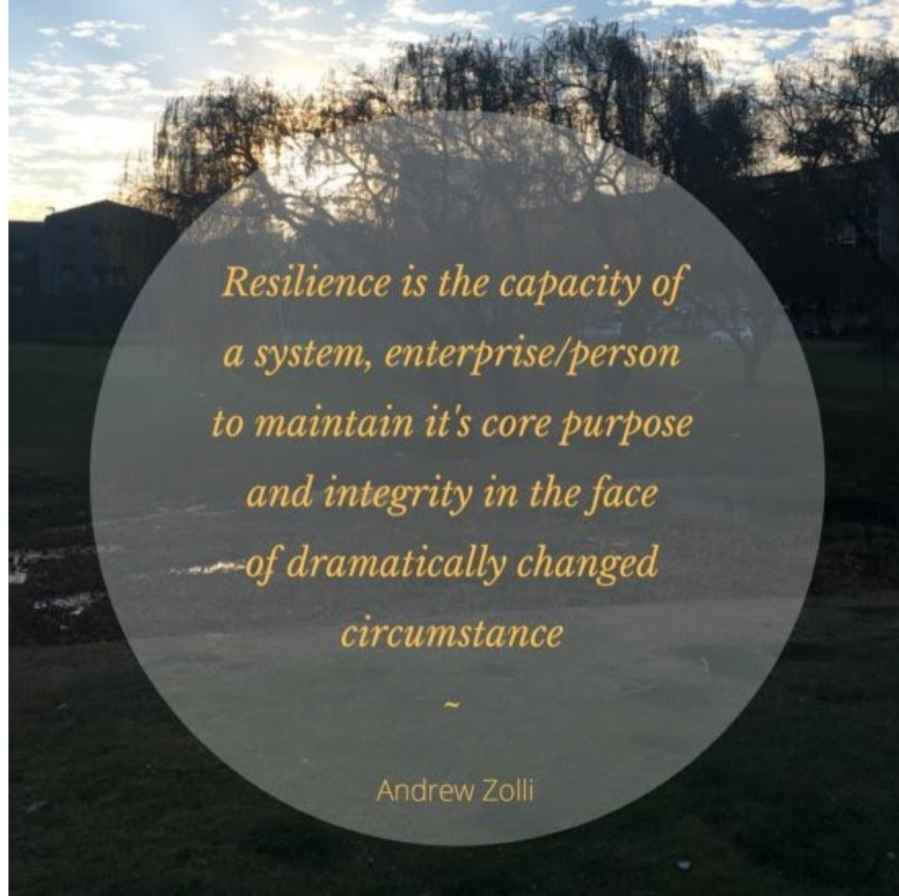




June 18, 2020



As we pass the 12th week of the Koret facility closure, we look to the concept of resilience to help everyone get through the unprecedented challenges we are facing. According to the **American Psychological Association** (2012), “Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components — connection, wellness, healthy thinking and meaning — can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather — and grow from — the difficulties, use these strategies: **Build Your Connections; Foster Wellness; Find Purpose; Embrace Healthy Thoughts and Seek Help**. In this week’s newsletter, we hope to provide resources and recommendations for anyone struggling to keep up the fight in the face of seemingly insurmountable challenges.



“Resilience is the capacity of a system, enterprise, or person to maintain its core purpose and integrity in the face of dramatically changed circumstances.” - *Andrew Zollli*

Running 101

This week Dom takes us on a new journey to review running form, biomechanics and common running injuries with his new series Running 101.

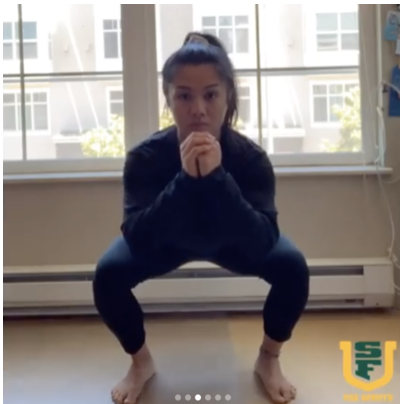


Train Your Brain

Whether you run, walk, hike or simply stand, you may benefit from **this drill** to address foot and ankle pain.



FEATURED WORKOUTS



Workout #1

It's not too late to join Week #3 of the **Summer Virtual Challenge** with Maggie's full body squat workout.



Workout #2

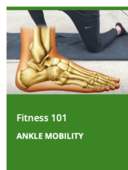
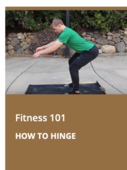
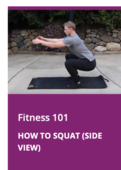
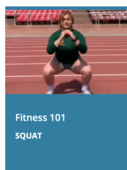
Follow along with Tyler for this 2 minute seated mobility drill.

Workout #3

Enjoy Early Morning Sunrise Yoga with Brian.



Fitness 101



Workout #4

Review the entire Fitness 101 video library and respect where you are today.

SELF-CARE CORNER

Self-care is not a one size fits all solution. This week we offer options for a variety of individual interests.

Join...**The Dream Marches On (Steph Curry & Clarence B. Jones)** on Friday, 6/19 @ 11am

Listen....Stuff You Missed in History Class “**James Baldwin**”

Follow...**Rhonda Magee** and **Brene Brown** on social media

Watch....**Disclosure**...Trans Lives on Screen (Netflix)

Read...James Baldwin “**The Fire Next Time**”

Celebrate...**Pride** with USF (June 27)

Attend...**hollaback!** Training

COMMUNITY CARE CORNER

Please help us spread the word about these vital community resources.

Nourish...**Free Meals Available for All Children in SF**

Commute...BART releases **15-step Plan to Welcome Back Riders**

Volunteer...**Californians for All**

Determine...**Free COVID-19 Testing in SF**

Get Outdoors...**Tips for Safe Outdoor Small Gatherings**

Move...**Tips for Outdoor Fitness Groups**

Stay Safe...**Safer Social Interactions During COVID-19**

Join the conversation **#USFCA**



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