We hope this newsletter finds you and your loved ones safe and doing well. There’s still time to participate in the Rec Sports Summer Virtual Challenge! Open to all USF Students, Faculty & Staff and Rec Sports participants. We look forward to all of the submissions and encourage you all to stay active, have fun and be engaged!

**JULY CHALLENGES**

**Week 6** (July 6th – July 12th)
Show us how you choose to move! Do you take fitness classes, dance, walk... what do you do to stay active?!

**Week 7** (July 13th – July 19th)
Who said Tik Tok’s aren’t a workout?! Send us a Tik Tok video you spent time teaching yourself!

**Week 8** (July 20th – July 26th)
Track yourself on a solo walk, run or hike! Check out @usfkoret on Instagram weekly programming leading up to this challenge!

**Week 9** (July 27th – August 2nd)
With our new normal, what did you do this summer?!

Submit on the Rec Sports Summer Virtual Challenge Google Form or tag the Koret Health & Recreation Center (@usfkoret) on Instagram to complete the challenge! For every challenge you complete, you will be entered into the grand prize raffle - Rec Sports Swag Bag! If you have any further questions please email the Rec Sports Manager (jyjavier@usfca.edu) and stay safe!

Submit your virtual challenge here: [Rec Sports Summer Virtual Challenge Google Form](#)

Join the conversation #USFCA

**USF Sports Phone Number:** 415.422.6821

**USFCA Email:** usfca.edu

**Contact Us:**

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