



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 for 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 challenges! 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 (jjyavier@usfca.edu) and stay safe!

Join the conversation **#USFCA**

  



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