Running 101
The never-ending marathon of life is nothing if not uphill. To continue receiving our emails, add us to your address book. This email was sent to . View this email online if you wish to be removed from the Koret Health and Recreation Center mailing list.

Train Your Brain
The brain instinctively reacts when encountering the unexpected, and proposes that if we have the courage to examine our own behavior when faced with the unfamiliar, we can take control of our expectations, and by doing so, change the world.

Nutrition 101
Building a strong, stable and healthy foundation will keep you resilient, and need a machine to optimize your body, you have all the tools you need within. "You don't have to have a machine to optimize your body, you have all the tools you need within. As we struggle with the stress and uncertainty of the pandemic, racial injustice, fires and apocalyptic orange skies, we encourage everyone to think about solutions for the future. We're here to understand and begin to undo your own implicit biases using three tangible strategies.

SELF-CARE CORNER
Building the Elite, Jonathan Pope and Craig Weller outline simple solutions for anyone seeking to identify the basic principles of proper nutrition.

Train Your Brain
Author, speaker and CEO, Valerie Alexander explains how the human brain is a remarkable achievement in evolution. Unfortunately, the human brain is also a remarkable achievement in error. The brain activity that kept the human species alive for millions of years is the same brain activity that kept equality from becoming a reality. The pattern of focusing on the basics has been a hallmark of many successful coaches. As we struggle with the stress and uncertainty of the pandemic, racial injustice, fires and apocalyptic orange skies, we encourage everyone to think about solutions for the future. We're here to understand and begin to undo your own implicit biases using three tangible strategies.

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