



September 10, 2020



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 simple and focus on the fundamentals. To quote the Greek philosopher Epictetus, “On the occasion of any accident that befalls you, remember to turn to yourself and inquire what power you have for turning it to use.” You don’t need a machine to optimize your body, you have all the tools you need within. Building a strong, stable and healthy foundation will keep you resilient, and able to focus on solutions for the future.



Everything in life goes
back to the basics.

Kron Gracie

"Everything in life goes back to the basics." - Kron Gracie

Running 101

This week Maggie and Melissa created a video that can be used as a movement prep and warm-up for runners.



Movement Prep & Warm-Up

Koret Health & Recreation Center
University of San Francisco



Train Your Brain

Why care about breathing? The benefits of a deliberate (8-10 min.) breathing practice include improved brain health, restored pelvic floor function, reduced stress levels, enhanced relaxation, and potential weight loss.

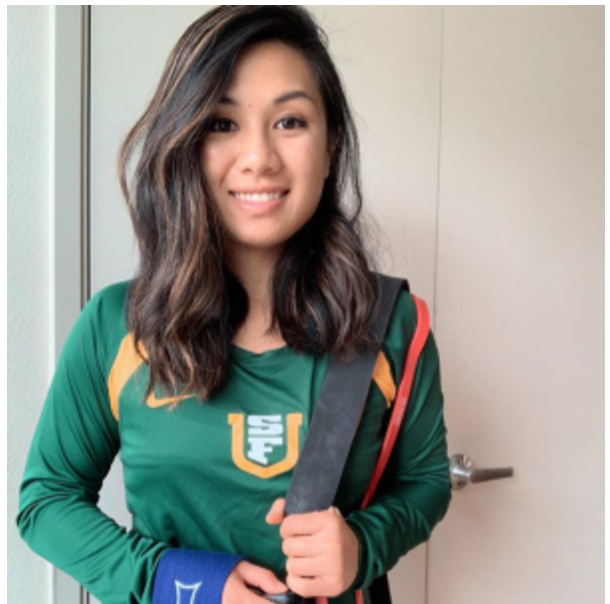
FEATURED WORKOUTS



Workout #1:

Fitness 101 Workshop w/Dom, Tuesday,
9/15 @ 4pm (Zoom)

*Email fitness@usfca.edu to register



Workout #2:

Self Defense 101 Workshop w/Maggie,
Wednesday, 9/16 @ 1:30pm (Zoom)

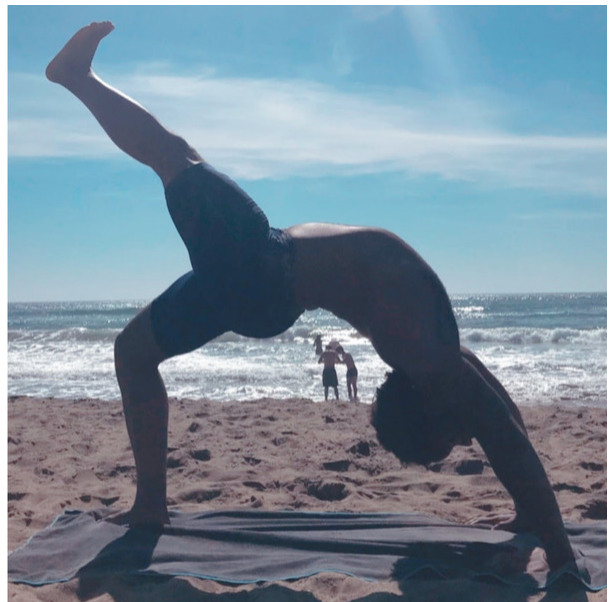
*Email fitness@usfca.edu to register



Workout #3:

Running 101 Workshop w/Dom,
Thursday, 9/17 @ 3pm (Zoom)

*Email fitness@usfca.edu to register



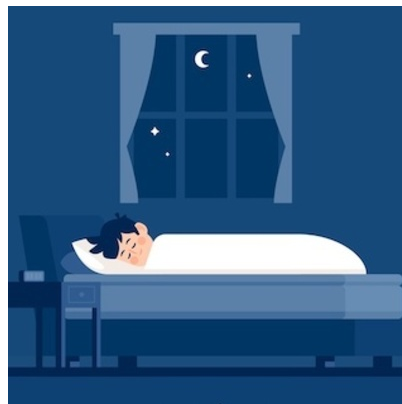
Workout #4:

Yoga 101 Workshop w/Brian D., Friday,
9/18 @ 3:45pm (Zoom)

*Email fitness@usfca.edu to register

SELF-CARE CORNER

Suzanne Bertisch, MD, MPH (Associate Physician and Clinical Director of Behavioral Sleep Medicine at Brigham and Women's Hospital & Assistant Professor of Medicine at Harvard Medical School) recommends **several strategies to promote better sleep in these uncertain times.**



Sleep 101

- Keep a consistent routine
- Get morning light (for at least 20 min.)
- Exercise during the day
- Don't use your bed as an escape
- Avoid caffeine late in the day
- Create a comfortable sleep environment (cool, dark, quiet)
- Avoid alcohol
- Avoid the news and all electronic devices 1 hour before bedtime

In their book *Building the Elite*, Jonathan Pope and Craig Weller outline simple solutions for anyone seeking to identify the basic principles of proper nutrition.

Nutrition 101

- Pay attention to what you eat
- Eat real foods
- Eat protein
- Eat fruits and vegetables
- Eat healthy fats
- Avoid junk
- Build consistent habits
- Enjoy your food

COMMUNITY CORNER

- The human brain is a remarkable achievement in evolution. Unfortunately, the brain activity that kept the human species alive for millions of years is the same brain activity that keeps us from achieving equality today. Author, speaker and CEO, **Valerie Alexander**, explains how the human 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.

- **Project Implicit** is a non-profit organization and international collaboration between researchers who are interested in implicit social cognition - thoughts and feelings outside of conscious awareness and control. The goal of the organization is to educate the public about hidden biases and to provide a “virtual laboratory” for collecting data on the Internet.
- Everyone holds implicit biases. That doesn’t make us “bad people,” it just means that we have work to do. Our colleagues at Hollaback! opened additional spots in their **Undoing Implicit Bias** (free) training on Tuesday, 9/15 @ 9am (PST). This one-hour, interactive training will teach you how to understand and begin to undo your own implicit biases using three tangible strategies.
- Watch this **12 min. Ted** talk by Dushaw Hockett, founder and Executive Director of Safe Places for the Advancement of Community and Equity (SPACES), a Washington, DC-based leadership development and community building organization dedicated to bridging the gap between what people imagine and what they achieve.

Join the conversation **#USFCA**



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