



October 15, 2020



Looking to start a new fitness program, but too overwhelmed? This week we encourage you to think big, start small and begin now. If you are participating in the Rec Sports fall challenge, this week is Mindfulness Week. Send us a photo or video ([@usfkoret](https://twitter.com/usfkoret)) sharing your favorite self-care strategy during shelter-in-place. If you are seeking a new practice, let Koret instructor Brian Davis be your guide for the 30-Day Yoga Challenge.

Play is the highest form of research.

-Albert Einstein



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Yoga 101

Follow along as Koret instructor Brian Davis leads us through a **30-Day Yoga Challenge**. Journal prompts posted daily on Instagram ([@usfkoret](https://www.instagram.com/usfkoret)).



Train Your Brain

Try this simple one rep challenge to break inertia and make progress towards your fitness goals.



FEATURED WORKOUTS



Workout #1:

There's still plenty of time to get mobile. Show off how you move and let's inspire one another!!



Workout #2:

Are you joining the **30-Day Yoga Challenge**? Koret classes offered 6 days a week (all levels welcome, no equipment needed). Don't forget to log your minutes for **Go Dons Get Fit!**



Workout #3:

Use **this sheet** to track your progress in the Dons Spirit 100! #donsspirit100 #godonsgetfit



Workout #4:

Looking to mix things up with your abdominal workout? Coach Sky offers the perfect solution. Don't forget to log your minutes for **Go Dons Get Fit!**

SELF-CARE CORNER

According to W. Eric Cobb, “regular play allows us to improvise, adventure and explore the world and opportunities that surround us. It is in pursuing play that we can find the things that we are passionate enough about that we want to excel.” Take some time to go beyond the gym and discover what you truly enjoy. Don't forget, every minute counts in the Go Dons Get Fit challenge. We made **this video** to give you a little inspiration!



COMMUNITY CORNER



Exercise your right to vote! Need more information? Review this voter's guide to California 2020 **ballot propositions 14-19** and **ballot propositions 20-25**.

USF Club Men's Volleyball coach Esther Hon (she/her/hers) is Director of Development for the **Side-Out Foundation**, a nonprofit and research organization committed to removing the terminal nature of stage IV breast cancer. Learn

about their **Dig Pink** program.

All women are at risk for breast cancer. The risk increases as you age. The **AABCA** (African American Breast Cancer Alliance) is dedicated to providing hope, awareness, education, emotional & social support to breast cancer survivors, their family members, and the community! There are a number of programs to educate yourself, support others, and ways to get involved. Remember, you are not alone! There are tons of resources to help find information about breast cancer, medical treatments, and support. Learn more at: <https://aabcainc.org/>

The Latino Equity Alliance **@somoslea** is dedicated to advocating for the equality and wellness for the Latinx LGBTQ+ community. LEA engages LGBTQ+ community leaders and organizations to address major issues such as bullying, homelessness, violence against youth, and many more!!

The Leo T. McCarthy Center for Public Service and the Common Good offers these **community engagement options** during COVID-19.

Join the conversation **#USFCA**



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DIRECTIONS

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