2017 Fall Wellness Opportunities

**Go Dons Get Fit Challenge**
In this fitness challenge, faculty and staff compete with students to determine who is more active! Weekly raffle prizes available, including t-shirts, and a Bill Cartwright Cup trophy will be presented to the winning group. Help your team earn points by attending the movement-oriented events below!

**Go Dons Get Fit Challenge Kick-Off**
Stop by the party to register and sign up for the challenge.
KORET • 10 A.M.–2 P.M.

**Walk to Golden Gate Park**
Step away from your desk and enjoy a walk to the Conservatory of Flowers in Golden Gate Park with your colleagues.
START AT SHRADER & PARKER • 12–1 P.M.

**Leadership Walk with Juliet Spencer**
Join Juliet Spencer (Professor, College of Arts and Sciences) on this walk around our beautiful lower campus.
START AT GLEESON PLAZA • 12–1 P.M.

**Dodgeball: Faculty and Staff vs. Students**
To celebrate the last day of the Go Dons Get Fit Challenge and to earn your last minutes of exercise towards the challenge, join in on this festive activity. Halloween costumes optional.
GLEESON PLAZA • 12–1 P.M.

**Go Relax Challenge**
Stay aligned this holiday season by committing at least five minutes a day to meditation and/or yoga. Relaxation videos featuring your colleagues available at GoUSF.usfca.edu.

**Yoga for Faculty and Staff**
Led by Andrea Rocha (Student Life), this yoga class is designed to help faculty and staff of all ages and ability levels develop greater flexibility and mental focus. Bring a yoga mat, and wear comfortable clothing.
McLAREN 252 • 12–1 P.M.

**Beginner’s Ballet**
Join your colleagues in learning the basics of ballet in a supportive and relaxed environment! Ballet is a wonderful way to improve posture, promote creative expression, increase flexibility, and build lean muscle.
LOYOLA HOUSE • 12–1 P.M.

**Sacred Spaces Walk with Donal Godfrey**
Fr. Donal Godfrey, S.J., Associate Director for faculty and Staff, University Ministry, leads us on a walk around Lone Mountain and lower campus where we explore sacred spots.
LOYOLA HOUSE • 12–1 P.M.

**Santa Hat Decorating Party**
Get in the holiday spirit with your colleagues by decorating your Santa hat to wear in the Run Wild San(ta) Francisco 5K Run/Walk or to bring home! Santa hats, music, and treats provided.
McLAREN 251 • 11:30 A.M.–1 P.M.

**Go Appreciate Challenge**
If you want to be happy, choose to be grateful! Challenge yourself to appreciate the good around you, and check in every time you practice gratitude.

**Run Wild San(ta) Francisco 5K Run/Walk**
For the sixth year in a row, GoUSF will be participating in this fun, spirited race. Registration is free for you and a guest (optional). Be sure to wear your decorated Santa hat!
CRISSY FIELD • 8 A.M.

Visit GoUSFchallenges.org to sign up for challenges.
Visit GoUSF.usfca.edu to RSVP for all wellness events.