



Matthew Revitt <matthew.revitt@maine.edu>

From UMaine Campus Recreation - 2020 Recreation Movement Update

1 message

UMaine Campus Recreation <Kristie.Deschesne@maine.edu>

Tue, Apr 28, 2020 at 8:17 PM

Reply-To: Kristie.Deschesne@maine.edu

To: matthew.revitt@maine.edu

Hi all! It's week 4 of Recreation Movement 2020 and UMaine is back in 5th place on the leaderboard for the most minutes of movement recorded! I hope that last sunny weekend helped get you outside doing something you love to do, or trying something new. I went on a run with one of my besties, my family and I went on a hike and then we did yard work, some of my favorite things to do. Yard work for me is a "flow" activity; I get so lost in it I forget to eat and don't stop until someone needs me or it gets dark. My family and I also decided to do an ice cream tour this spring and summer and we started last week, while the kids were on Spring Break. Means I'm going to need to move more to burn all that ice cream, but I'll take one for the team to help keep UMaine high on the Rec Movement leaderboard!

Okay, on to the report! UMaine is still 3rd in number of registered participants of all schools in the program! There are schools with huge populations participating in the challenge, so for a mid-sized university to be in third place is pretty amazing, to me. I love seeing UMaine doing so well, not only because I love this institution, but as a professional in my field it is gratifying to see how much our community moves! We also got the great news that the program will be continuing through the end of May. I haven't heard for sure yet about new live videos and challenges being posted that long, but the prerecorded things will be available and we will still be logging our minutes. The goal is for all participants to total 5M minutes of activity over the course of the program...we are currently sitting a little less than 1M. The movement you record can be anything you would normally consider your exercise, but remember you can access online workouts and challenges from participating schools FOR FREE via the [2020 Recreation Movement portal](#), through May. Log your movement daily to help UMaine keep gaining on the leaderboard and to compete for individual prizes! [For more information on this exciting opportunity, click here!](#)

You've received this email because you are in our database with an [@maine.edu](#) email address, therefore you are eligible to participate. These updates will continue only through the duration of the contest, which is through May 2020. If you would like to never receive emails from us again, please reply to this email with Unsubscribe in the subject line. Please be aware that this will remove you from all email communications including automatic locker renewal emails etc.

Be well,

Kristie Deschesne

UMaine Campus Recreation

----- If you have urgent questions about the content of this email, please call 581-1082 (press 2). If your question is *not urgent*, feel free to reply to this email, but please be aware that the email we receive will not automatically indicate who you are, or what you are writing about. Any attachments you received will not be included with your reply either. Therefore, please include your name, birthdate (in case others share your name), and some details about the transaction that generated the email. Thank you, -Campus Recreation