



Matthew Revitt <matthew.revitt@maine.edu>

2020 Recreation Movement Update; Cinco de Mayo

1 message

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

Tue, May 5, 2020 at 7:33 PM

Reply-To: Kristie.Deschesne@maine.edu

To: matthew.revitt@maine.edu

Hello and Happy Cinco de Mayo! Coinciding nicely with Taco Tuesday, I know what's for dinner at my house tonight! The weather this weekend and the last few days has given me opportunity to fire up the grill, as well. I've also gotten in some great runs, including a couple with both of my kiddos on their bikes. I wasn't sure the day would come when my oldest would learn to ride, but thanks to the husband of one of my besties, that day arrived last week! Since then we've been on some family bike rides, and while he isn't ready to hit the trails yet...or anything resembling gravel, in his opinion...I can't stop smiling with pride when we're out there. Also thanks to my boys, we are doing our part to keep me moving and supporting UMaine in the 2020 Recreation Movement Challenge.

Once again, UMaine is #5 in minutes per participant in the Challenge! We also picked up a little more than 120 new users in the last week, which is great! One of our users told me somethin' g fun she does when she participates in classes from other institutions in the challenge...she tells them "thank you from Maine" in the comments. She said the instructors always look a little shocked and very pleased to see her comment, so if you think of it, I think it's a really nice thing to do and one more way to show how active we are here in Maine.

Don't forget to record your movement! The movement you log can be anything you would normally consider your exercise, but remember you can access online workouts and challenges from now 85 participating schools FOR FREE via the [2020 Recreation Movement portal](#), through May. You can log your movement daily, or go back to log it as far back as April 6th. Everything you log helps UMaine keep gaining on the leaderboard while you also 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 email! s etc.

Be well,

Kristie Deschesne

UMaine Campus Recreation

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