



Matthew Revitt <matthew.revitt@maine.edu>

2020 Recreation Movement Update, Snow in May!

1 message

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

Tue, May 12, 2020 at 7:17 PM

Reply-To: Kristie.Deschesne@maine.edu

To: matthew.revitt@maine.edu

Hello again! I have to say, I'm still in a bit of shock that it snowed in May, on what would have been UMaine's Graduation! My runs took me through the woods a bit both Sunday and today and thankfully, I saw no snow but it sure is funny to think we're now in UMaine's summer semester. Luckily, there are lots of resources to keep us moving inside when the weather isn't cooperative for outdoor workouts. Between what Campus Rec is posting on Facebook, TikTok and Instagram and the 2020 Recreation Movement, there are many classes and workouts for all of us to access. Most schools in the program are working hard to keep content going, despite the fact that many have fewer student instructors available given the end of the academic year. We all want to keep the program available as long as possible, so I have no doubt we will find a way!

Not to be repetitive, but I'm proud that UMaine is still #5 in minutes per participant in the Challenge! The top four schools have all switched places though, and we are not far behind numbers 3 and 4! If we all get ourselves moving and remember to record what we've done, we could push UMaine up that leaderboard pretty decisively! Of the top five schools, two of us are in the northeast, and at least one of us experienced snow in the last few days! The other 3 schools rounding out the top five are in much warmer climates than we are (NC and CA), so it's a credit to our toughness that we are top 5. Let's get going and take over one of those higher spots!

Don't forget to record your movement! The movement you log can be anything you would normally consider your exercise (shoveling, anyone?), 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 emails etc.

Be well,

Kristie Deschesne

UMaine Campus Recreation

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