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2020 Recreation Movement - Last week in May

1 message

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

Tue, May 26, 2020 at 9:19 PM

Reply-To: Kristie.Deschesne@maine.edu

To: matthew.revitt@maine.edu

Hi Everyone! I hope you were able to get outside and move during the beautiful stretch of weather we've had the last several days. If forecasts are correct, this week is going to be more of the same and I feel so lucky to be in Maine right now! I generally feel pretty fortunate to be in Maine, I love this state and this University more than anywhere I've lived and worked. But the nice weather sure helps with my mood these days! I'm trying very hard to stay motivated to exercise, but I've hit a bit of a wall the last couple of weeks and it's more of a struggle to move with purposeful effort. The good weather has at least gotten me outside in my yard, so that has helped. I can lose myself in the yard, puttering and weeding and planting. I'm told my yard used to be quite a showplace when it was owned by a former Dean of Women at UMaine. I haven't kept up her legacy in any way, but I can see little glimpses of her talents here and there and it's a nice reminder of the history of my home.

So, on to the important stuff! For a few days there, UMaine was #3 on the leaderboard for the Recreation Movement, then we dipped down to #4 and we are back at #3 for now! We are literally neck and neck with the #4 school, and now there are over 100 schools in the program! We are also #3 in number of people participating in the program, a feat I think is pretty amazing considering the size of many of the other institutions. I think our standing is even more amazing, I mean less than a 20 days ago we had snow! But here we are, showing folks what UMaine is made of! And remember, anyone with a maine.edu email domain can register for the program so tell your friends and co-workers! The program will continue through August 16th, providing us access to the fitness programming offered by the other participating schools at no cost. And since that number of schools has grown substantially since the challenge started, we have lots to pick from each day!

Yay for us in our status on that leaderboard, let's keep it up!! And if you haven't yet joined the 2020 Recreation Movement Challenge, just go to 2020recreationmovement.com and sign up. It's free to join, and your exercise minutes will help keep us within reach of the win! Let's go!

Be well,

Kristie Deschesne

UMaine Campus Recreation

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