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2020 Recreation Movement - First week of June

1 message

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

Tue, Jun 2, 2020 at 3:34 PM

Reply-To: Kristie.Deschesne@maine.edu

To: matthew.revitt@maine.edu

Hello, it's June and...the heat in my house is back on! Spring in Maine, no shock there that I've had both the heat and the A/C on recently, although not on the same days. The nice weather had me outside as much as possible for exercise, yard work and time with my kids. Yesterday was a bit deceiving as I dressed for outside and wasn't quite layered enough. But the sun is sure welcome and I hope everyone has had a chance to enjoy it!

As of just a minute ago, UMaine is solidly in third place on the Recreation Movement Challenge Leaderboard! We have pulled ahead of #4 to be a little comfortable, but I say now we need to challenge for that #2 spot and get moving even more! Participants are allowed to record up to 120 minutes of movement per day, and I exercised and mowed the lawn on Sunday with a push mower, so I counted that as part of my movement! I let my younger son mow a bit while I pulled weeds and probably walked an extra mile fixing all the places he missed. He's super cute and likes to help but mowing is just not his strength yet :-). If you are finding yourself getting lots of movement in ways that aren't traditional exercise but are still consistent movement (thinking mowing, weeding, playing with the kids...the kind of stuff that makes you sweat as much as your walk does) I say count it! Remember, the program will continue through August 16th, providing us access to the fitness programming offered by the other participating schools at no cost. We went from 45 schools to over 100, so lots to choose from for classes and challenges.

Let's keep moving and go for the win!! 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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