



## Working out from home just got easier!

By Danielle Ross

2020 has had its obstacles but through these challenges great things have been created so that we can go on with a little normalcy. Rec Movement has made it possible to workout at home for free if you have Drake email or an email account from another participating college. With Rec Movement you can take a live class with any participating college right from your own home or you can workout to a prerecorded class. The list of prerecorded classes seems almost endless. There are tons of different styles of Yoga, Pilates, HIIT, F45, Dance workouts, Barre, Bootcamps, Kickboxing, and so much more. You can work out for just 5 minutes, 20 minutes, or even for an hour or longer if you want. On top of exercise classes, they offer meditation and wellness classes like cooking healthy on a budget. This is the perfect way to exercise or learn some new wellness tools over the holiday break.

Want to win **FREE** swag? Rec Movement has the option to log your exercise based on minutes and activity. Every week you log at least 200 minutes you are entered into a drawing to win free Rec Movement swag.

Did I mention that this is also a **CHALLENGE** amongst the participating colleges? When you log your exercise, it is added to Drake University's total in the competition. As of November 9<sup>th</sup>, 2020, Drake University stands at #53 with Palmer College of Chiropractic being #1. This winter break I challenge you to login and exercise with Rec Movement to make Drake University #1.

Start wherever you are.  
Use whatever you have.  
Do whatever you can.  
— ARTHUR ASHE

Let's stay active  
**TOGETHER THIS FALL!**

2020RecreationMovement.com  
Stay active together, even when we're apart  
#RecAtHome #RecMovement