



UNE Community,

As we continue to work and learn remotely, I have found so many different tips and links to share with you to help you take care of yourself. Stress levels are high in times of unknown. Be kind and stay well.

Here are links to Finley Recreation center's social media accounts:

<https://www.facebook.com/UNEFinleyRecreationCenter/>

<https://www.instagram.com/unefinleyrecreationcenter/?hl=en>

https://twitter.com/UNE_finley_rec

<https://www.instagram.com/unehnw/?hl=en>

UNE Strength and Conditioning: https://www.instagram.com/noreaster_strength/

UNE Health and Wellness on the Biddeford Campus: <https://www.facebook.com/unehnw/>

COVID-19 Prevention Checklists for Maine: <https://www.maine.gov/decd/covid-19-prevention-checklists>

What to do in Maine with COVID-19: <https://www.instagram.com/mainetourism/>

FREE exercise videos: <https://www.fitnessblender.com/videos>

FREE online yoga classes: <http://www.maine yoga.com/freeclasses.htm>

Build a healthy meal: <https://www.choosemyplate.gov/ten-tips-build-healthy-meal>

How to start working out: <https://www.runtastic.com/blog/en/how-to-start-working-out/>

Growing Vegetables in Containers: <https://www.thespruce.com/growing-vegetables-in-containers-1403373>

Night Sky in Maine: <https://www.timeanddate.com/astronomy/night/@4971068>

Resistance Band Workouts: <https://www.nerdfitness.com/blog/the-ultimate-resistance-band-workout-how-to-train-with-exercise-bands/>

National Parks Virtual Tours: <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

Museum Virtual Tours: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Finley Summer Fitness Challenge:

The Student Fitness Challenge is a program aimed at encouraging students to exercise 150 or more minutes per week. It is an interprofessional challenge as academic programs compete against one another for 10 weeks for Finley Recreation Center swag!

To self-report your weekly minutes spent exercising you must email Judy Vezina at jvezina@une.edu by 9:00am on Mondays for the prior week. Each week begins on a Sunday and ends on Saturday.

Late submissions will not be factored into results.

The academic program with the highest percentage of students who exercised 150+ minutes per week wins. Students must exercise for 150+ minutes each week to be eligible for an academic program prize. Students in the remaining academic programs who also meet the 150+ minutes each week will earn a 3rd place prize.

What to Email: Full Name, Academic Program, and number of minutes spent exercising.

1st place – Finley Rec. apparel (TBD)

2nd place – Finley Rec. apparel (TBD)

3rd place – Finley Rec. apparel (TBD)

For an extra 100 points (One time only) send a short video or picture of you exercising. (By sending a video or picture you are giving permission to post and use your name of UNE social media accounts)

The Challenge begins on Sunday May 31, 2020 through Saturday August 8, 2020. Good Luck!



Finley Recreation Professional Staff are working remotely. But we are still here for you!
Please feel free to reach out to me with questions, tips, or just to say Hi

Judy Vezina, Director, Finley Recreation Center
jvezina@une.edu
207-351-6471

Issue 10