

STUDENT ENGAGEMENT

Weekly Newsletter

In this issue :

- Tips & resources for exercise while practicing social distancing
- MassBay's new E-Sports Program

Athletics, Recreation, & Wellness

Unfortunately, Covid-19 has prematurely ended our spring varsity sport seasons and closed the Recreation & Wellness Center. While we miss watching our athletes compete, and seeing our students, faculty, and staff in the RWC, we are still thinking of all of you and want you to stay healthy.

Just because we are closed, and we don't see you everyday, doesn't mean that we're not still here for you. Below are some safe ways that you can stay healthy during this time. If you have any specific workout questions, or please feel free to reach out to us:



Adam Nelson

Director

Athletics Wellness & Recreation

anelson@massbay.edu



Fielding Vaughn

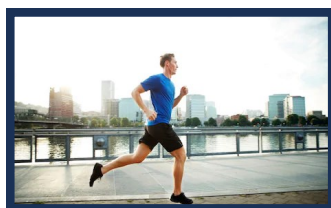
Assistant Director

Athletics Wellness & Recreation

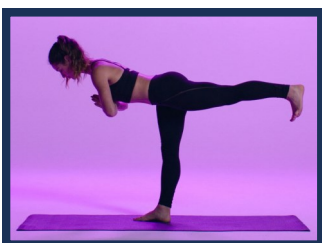
fvaughn@massbay.edu



As the weather gets nicer, walking and running outside are great ways to exercise and stay in shape, but please make sure to follow state and local social distancing guidelines. **Runners World** has some good tips that can be followed if you are headed out for a workout.



To access Runners World, please click [HERE](#).



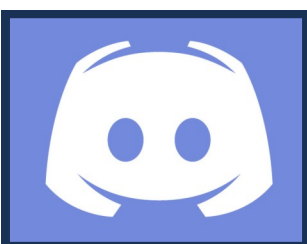
If you are interested in Yoga, there are some great free resources out there. One of the best that we have found is **Yoga with Down Dog**, where there are hundreds of free workouts for beginning, intermediate, and advanced levels. These are easy to do at home – all you need is a little floorspace!

To access these videos, please click [HERE](#).

Maybe running and yoga aren't for you? No problem, there are great ways to stay in shape at home without having to go to the gym. A great free resource for cardio, core, strength training, and HIIT workouts is **Fitness Blender**. With close to 1000 different workouts to choose from, this is a really good way to relieve some stress and stay in shape at home.



Get your workouts started [HERE](#).



ESports

MassBay will be starting a varsity eSports program for the 2020-21 academic year, where we will compete against other colleges from across the county. As we prepare for this launch, we have started a Discord account, where you can meet other gamers and learn about what games we will be sponsoring. Also, we are working on potentially playing an intramural type competition during the month of May.

Head over to Discord for more info; click [HERE](#) to join.

Please follow MassBay Athletics on social media for daily workout ideas and some motivational thoughts!



[massbayathletics](https://www.instagram.com/massbayathletics)



[@MassBayBucs](https://twitter.com/MassBayBucs)

Instagram

twitter