

SALUKI GREEN ACTION TEAM



A WEEKLY EMAIL NEWSLETTER

NOVEMBER 2020 · ISSUE 10

Welcome to week 12! We're sorry we missed you last week but we thank you for your consistency. With only four weeks left of the semester, we want to encourage students to engage in our 17 sustainable development goals to transform the world.



GOAL #3 IS GOOD HEALTH AND WELL-BEING.

THE STUDENT RECREATION CENTER IS CURRENTLY OPEN TO STUDENTS WITH ID AND MEMBERS. AS WE'RE FINISHING THE SEMESTER, TAKING A BREAK OR MAKING TIME FOR YOURSELF DOESN'T HURT, ESPECIALLY A PROACTIVE BREAK. THE REC IS THE PERFECT PLACE TO TAKE CARE OF YOUR HEALTH AND WELL-BEING IN A FUN AND SAFE ENVIRONMENT.

EFFECTIVE NOV. 11, ALL FITNESS CLASSES ARE LIMITED TO 10 PARTICIPANTS (1 FITNESS INSTRUCTOR + 9 PARTICIPANTS = 10) WITH SOCIAL DISTANCING.

THIS IS IN RESPONSE TO GOVERNOR PRITZKER'S RESURGENCE MITIGATION PLAN MOVING TO PHASE 4, TIER 2.

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A word from the Rec ...

“The safety of our students, patrons, and team members is what is most important to us. The SIU Rec has always been dedicated to providing a healthy way of life for the Saluki community, and with our carefully planned Facility Guidelines, we can continue our offerings. Each of us will play an important role in making the REC a safe and enjoyable experience for everyone”.



- The Rec is also currently adding Fitbod App which is a great tool for individuals to use for their personal fitness and wellbeing. Eligible students (those who are currently active in our system) and members can sign up, the REC will cover the \$15 fee, and the app will be available to them from Dec 1 – May 31. It is our way of continuing to provide our patrons with fitness services while we are in this unprecedented situation with the pandemic.

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SUSTAINABLE DEVELOPMENT GOALS



ANOTHER RESOURCE WE WOULD LIKE TO SHARE:

- SIU is a member of the Advanced Association for Sustainability in Higher Education (AASHE). You have access to their resources, using your SIU email! See what is happening this week below: [The AASHE Sustainability Awards](#) provide global recognition to the individuals and organizations leading the higher education sustainability movement. On Thursday, Dec. 3, from 11a.m. – 12:30 p.m. Join in for a virtual ceremony to honor the 11 winners being recognized this year.