

Health & Recreation News



April 2020

- **Happy Easter**
- **An International Perspective**
- **A Great Lower Body Workout**

The national pandemic has halted our ability to go outside for lacrosse and flowers, and gather with friends and family.

We can still find ways to be grateful and share our students' perspectives...

We asked our Recreation students, "What will you be doing to celebrate Easter this year?"

- Spending time with family and going to church- Tom Dolan
- Staying inside and spending family time and facetime with my great aunt- Samantha Brodeur
- Spending time with my family at home- Brian Gartland
- I will be spending it at home with my immediate family – Nicholas Scull (2022)
- I will be spending it at my house with my immediate family – Alexandra Wyluda (class of 2020)
- Spending time with my immediate family and hopefully an Easter egg hunt! -Marisa Grabbe
- Having a bbq at home with immediate family -Devin Gavigan
- Spend time with my family, eat a home cooked meal, and facetime my older brother who is at Law School in Arizona- Alana Corrente (2020)





Oscar Curras Caballero

GA, Health & Recreation Center

At first, when all this Coronavirus outbreak started I did not take it seriously. It was after seeing what was going on in Italy and my country, Spain, when I realized the big impact the virus was going to have on our society and how dangerous it was. Everything changed pretty quickly. On Friday I was making plans with my girlfriend, and on Saturday night I was flying home. My parents called me that Friday and let me know that the President of the Government was closing the borders.

I got home on March the 15th, and since then, I have not moved from my house. Everything is locked down. We cannot even go for a run or a walk. People can only leave the house if they need food, they have an emergency or they are essential workers. Other than that, people who leave without one of those will get a ticket that could go up to one year in jail.

Recently, we have passed the 100.000 cases and 10.000 deaths. We are following the steps Italy is taking, and we both believe that we are close to hitting the peak. The situation is scary. For example, places which months or weeks ago were hosting concerts have become hospitals. But there is always a positive side to everything in life. Now, it is time for us to enjoy our parents and siblings. Time to see what matters in our life. From my point of view, we never appreciated how important for us the police, the medical staff and others are. We thought that celebrities, athletes, etc. were above everything, but this has helped us to open our eyes. To thank everything these people is doing for us, every Spanish citizen goes outside their balconies at 8:00 PM every day and clap for minutes.

Now, it is time for the US to act. To stop this spread. We have always dreamed about saving the world from our couches, and the opportunity has come. Let's make it happen. Stay home and save lives!

Thank you to one of our Health & Recreation Student Managers, Bridget Nolan, for putting together this great workout!

And thank to Brook Leshin, GA Health & Recreation, for the cool design!

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