



# Yukon-Kuskokwim Fitness Center

SAFETY \* WELLNESS \* COMMUNITY

## Important Links

[YKFC](#)

[City of Bethel](#)

[Bethel, AK Local News](#)

[Yukon-Kuskokwim Health Corporation](#)

[State of Alaska Covid-19](#)

[CDC](#)

## Facility Updates

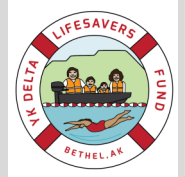
The facility is currently closed to the public.

YK Delta [Lifesavers Christmas Cookie](#) pick up will be at YKFC 12/20 and 12/21.

## Keeping Up With YKFC

Stay up to date by following us on [Facebook](#)

## 27th Annual YK Delta Lifesavers Christmas Cookie Extravaganza!



Prepackaged, 2 pound containers of assorted homemade Christmas cookies will be available for \$25 each. Pre-paid orders will be accepted beginning at 9am on



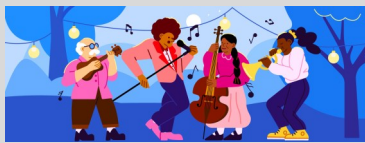
Sunday, 12/20. Cookies will be available for a Covid-19 safe pick up at the YK Fitness Center 2pm-5pm Sunday, 12/20 and 9am-5pm Monday, 12/21. Proceeds will go to the YK Lifesaver Endowment, which supports events and programs at the YK Fitness Center.

Want to donate 2-4 dozen of your favorite Christmas cookies? Call Kathy Baldwin 545-1405 or Beverly Hoffman 543-3293. For more information on donating click [here](#).

Light a candle for the solstice on December 20. Or any day you want!



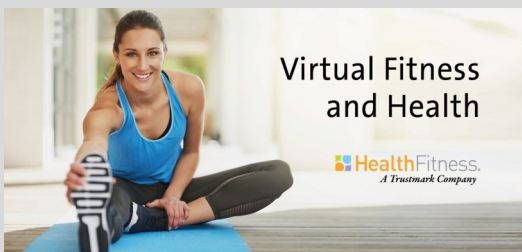
YKFC Covid-19 Dance Competition. Submit your videos until December 19!



Staying active and healthy will help you fight covid-19 and stay healthy this winter.



## Virtual Fitness and Health



Virtual Fitness and Health

HealthFitness. A Truemark Company

Take your fitness virtual with live and recorded fitness classes from Health Fitness.

[Find Classes Here](#)

## Wellness Focus:

### Good Sleeping Habits

Getting a good night's sleep is the first step in taking care of yourself, but it isn't always as easy as it sounds. Try removing electronics from your bedroom and avoiding caffeine and large meals too close to bedtime. More wellness tips and tricks can be found on our [website](#).

### Health Focus: Sugary Drinks

Regularly consuming sugary drinks can increase your risk of cavities, type 2 diabetes, unhealthy weight gain and heart disease. To drink more water try keeping a water bottle with you all day and adding something extra to your water, like lemon or mint. Learn more [HERE](#).

### Fitness Focus: Home workouts

Just because you're staying home doesn't mean you can't workout! We've shared some of our favorite ways to workout at home.



**MAINTAIN**  
DON'T GAIN

## Are You Joining Us?

Enjoy the holidays while maintaining your fitness routines and keeping the extra pounds away! Join us in completing at least 30 minutes of activity each day.

[Register Here](#)



### Membership Updates:

All active memberships were placed on hold when we closed the facility. We will re-activate and extend all memberships when we re-open.

Please contact Kerri Donnelly if you have any questions: [kerri.donnelly@hfit.com](mailto:kerri.donnelly@hfit.com), 543-0390.

Breathe more. Stress less. Keep the pressure down.  
Use the 4-7-8 breathing technique to lower your stress level.



- 1) Close your mouth and **inhale** through your **nose** to a silent count of **4**.
- 2) **Hold** your breath for a silent count of **7**.
- 3) **Exhale** completely through your **mouth** to a silent count of **8**.
- 4) **Repeat** the cycle **three more times** for a total of **four** breaths.

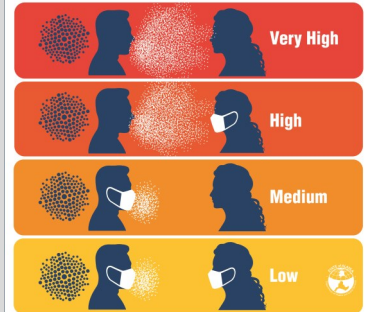


Feeling Sick?

Stay home when you are sick!



Reduce the risk, wear a mask



Yukon-Kuskokwim Fitness Center

[www.ykfitness.org](http://www.ykfitness.org)

543-0390

267 Akiachak Dr, Bethel AK 99559



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