

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Monday, March 30, 2020

Important Links

State of Alaska COVID-19 Website:

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>

City of Bethel Website:

<https://www.cityofbethel.org/>

Federal CDC Website:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Yukon-Kuskokwim Health Corporation Website:

<https://www.ykhc.org/ykhc-news/>

Bethel, AK Local News:

<https://www.kyuk.org/>

#HealthyinBethel

The Yukon-Kuskokwim Fitness Center is starting a hashtag campaign within the community of Bethel.

Rules are simple. Like/tag us on Facebook [@YKFitnessCenter](#), and hashtag #HealthyinBethel while posting about how you are staying healthy in Bethel. This could include a home workout and a picture, a new healthy recipe you have, or any kind of emotional wellness tips you have. Create a post and tag us in the hashtag!

We encourage you to tag us and hashtag us in **each** activity you are using to stay healthy while we work to reduce the spread of COVID-19.

Introduction

As more information continues to come out about COVID-19, the YK Fitness Center is committed to remaining engaged with the Bethel Community. We have been creating virtual outreach action plans to keep the members/facility users engaged, active, motivated, and moving while at home. When we can re-open, we will let the public know at once.

Moving forward, the YK Fitness team is going to be populating daily "newsletters" focusing on: **Physical Activity, Nutrition, and Emotional Wellness.**

Go to <https://forms.gle/3dx4ZvBPz34LYeRw8> and tell us what topics you want to see.

Physical Activity

During this closure Wellbeats, a HealthFitness partner, is offering free access to their virtual fitness programming module. Wellbeats has creative ways to help you stay active including virtual workouts, wellness tips and more.

Go to: <https://portal.wellbeats.com/#/idle> (Utilize code-**b27fdf55**)

Nutrition

Due to the coronavirus, children are out of school, more people have been asked to work from home, and everyone is limiting their trips out of the house. Many of us have been forced to prepare more meals from home, while not being able to workout at the local gym. YK Fitness will begin sharing some tips for stocking your kitchen with nutritious options and how to make the most of our meals while staying at home.

Go to: <https://www.eatright.org> (Good resource for nutrition information)

Emotional Wellness

Everyday life has changed and will continue to change for most people in the United States. COVID-19 has unwillingly forced an enormous transition to our daily lives, schedules, and routines. Consequently, we need to be more aware than ever, of our overall emotional wellness. Emotional wellness refers to an awareness, understanding, and acceptance of your emotions and your ability to manage those emotions effectively through challenges and change. YK Fitness will work to provide tips, suggestions, and recommendations on how to stay emotionally, during these difficult times.

Go to: YKHC has set up a hotline for the public to call to help manage anxiety and stress surrounding COVID-19: Call 907-543-6272 (9am-5pm Monday-Friday)