

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Tuesday, March 31, 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

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!



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 information on.

### Silver Lining of the Day:

Three lifeguards who work at the Fitness Center explained that since they have been socially distancing, they have begun doing activities they have never done before. Yesterday, all three of them went Ptarmigan hunting for the first time.

## Physical Activity

### CARDIO INTERVAL WORKOUT-

4 total rounds.

30 seconds of activity-20 seconds of rest.

1. Butt Kicks
2. Fast Feet (buzzing your feet in place)
3. High Knees
4. Fast Feet (buzzing your feet in place)
5. Skaters
6. Fast Feet (buzzing your feet in place)
7. Skaters
8. Fast Feet (buzzing your feet in place)
9. Burpees

*30 seconds of butt kicks, then 20 second rest-30 seconds of fast feet then 20 second rest-continue completing all 9 exercises following 30 seconds on then 20 second rest. Once you complete all 9 exercises, take a minute break. Repeat a total of 4 times.*

*\*If you are unfamiliar with any workout, go to youtube.com and search them\**

## Nutrition

### SOS Meal and Recipe Guide:

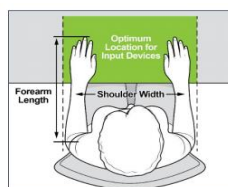
Recipes for you and your family while you're confined to small spaces, have limited access to the social world, and are rationing supplies. All recipes continue 5 ingredients or less. Please feel free to substitute as needed. (click picture for details)

If you find a great substitute, share your success @YKFitnessCenter, #HealthyInBethel or email us at [ykfc@cityofbethel.net](mailto:ykfc@cityofbethel.net).



## Wellness Working from home: Ergonomics (click picture for details)

As you move to a work from home situation make sure you are setting yourself up for success with a healthy work environment.



- Keep frequently used items, especially the keyboard and mouse, within close reach
- Take hands off keyboard and mouse when not in active use
- Use keyboard shortcuts as much as possible to reduce reliance on the mouse
- If available, use a chair with armrests to achieve optimal positioning
- Minimize contact force between forearms/wrists and the edge of the working surface