

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Wednesday April 1, 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. Add a picture of a home workout, a new healthy recipe you have, or any kind of wellness tips

Create a post and tag us!

@YKFitnessCenter,  
#HealthyInBethel



During the closure, the YK Fitness team is 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.

### Membership Information:

YK Fitness monthly/annual members please don't panic, your memberships have been safely placed on hold. Memberships will be re-activated when we are able to re-open and you will have the same number of days remaining as you did on March 18<sup>th</sup>.

## Physical Activity April 2020-Move More Challenge

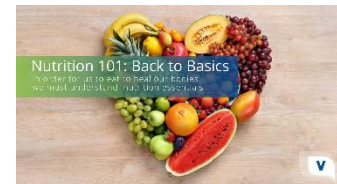
In light of the YK Fitness Center closure, working from home, and children out of school, without a specific end date, YK Fitness has created a simple challenge. It's called the **April-Move More Challenge**, in which the goal is for participants to complete at least 30 minutes of purposeful movement every day during the month of April.

You will submit all workouts and the time of the workouts online at: <https://forms.gle/6aoi9tG6CsWm3Ec76>

YK Fitness Staff will compile user reports for all participants and send out weekly motivational tips. Please send questions to Shadi at [Shadi.Rabi@hfit.com](mailto:Shadi.Rabi@hfit.com).

## Nutrition

Nutrition is how food affects the health of the body. Food is essential—it provides vital nutrients for survival and helps the body function and stay healthy. Click the picture to listen to an introductory podcast on nutrition!



## Wellness

Stress less. Move more. Sleep soundly the Headspace way. Download the headspace app-<https://www.headspace.com/> today to create a mindfulness plan perfect for your relaxation needs (click picture for details).

