

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Friday April 10th, 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!



#HealthyInBethel

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.

Physical Activity

Calisthenics

Exercises that are done only using bodyweight for resistance

1. Push-ups
2. Jumping Jacks
3. Air Squats
4. Lunges
5. Wall-sits
6. Dips
7. Pull-ups
8. Burpees

Click picture to view complete calisthenic routines.



Nutrition:

Nutrition advice for adults during the COVID-19 outbreak

1. *Eat fresh and unprocessed foods every day.*
2. *Drink enough water every day.*
3. *Eat moderate amounts of fat and oil.*
4. *Eat less salt/sugar.*
5. *Eat a variety of foods.*

Click picture to view full article



Wellness: Well-Being Alaska

1. *Keep Kindness at the Forefront.*
2. *Keep the body strong.*
3. *Keep the Mind Strong.*
4. *Keep connections strong.*
5. *Keep to the facts.*

Click picture to view full article

