

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

Click picture to view complete calisthenic routines.



Monday April 13, 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

HealthFitness is offering a variety of virtual classes via Facebook Live. These classes are being brought to you by HealthFitness instructors across the country and are designed to help you stay healthy during the closure. To get started, just visit <https://www.facebook.com/groups/virtualfitnesshealth>.

To join the group, you’ll be asked to indicate that you are a part of the YK Fitness Center and to agree to the terms found here: <https://bit.ly/39IdXdE>.

As part of the **Virtual Fitness and Health** group, you’ll have access to a schedule of Facebook Live classes, including High Intensity Interval Training, Vinyasa Yoga Flow, Tabata, nutrition advice and much more. Be sure to check the schedule posted in the group’s Announcements tab and sign up for notifications when classes go live. Don’t worry if you miss the live class — recordings will be available in the group’s Videos tab.

Nutrition: 101 Moose Recipes



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Wellness: 5 Ways to Manage your Mental Health During Covid-19

In the midst of managing a situation like the COVID-19 outbreak, it’s easy to feel overwhelmed and worried. Focusing on how to slow the spread of the virus is important for our physical health, however, identifying ways to manage our mental health is also crucial.

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