

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Tuesday April 14, 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



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

Wellbeats Edition

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**)

Click link above, plug in code, and create an account to view all links below.

Physical Activity

Click picture to view full resource



Wellbeats has many different types of group fitness channels to choose from with a ton of different classes in each channel.

Nutrition

Click picture to view full resource

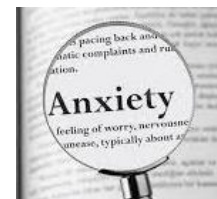


Click picture to view full resource



Wellness

Click picture to view full resource



Youth Activities

[Purposeful Play-Ages 3-5](#)

(Click link above)



[Move Me-Ages 6-9](#)

(Click link above)

[Generation Fit- Ages 6-14](#)

(Click link above)