

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Wednesday April 15, 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!

#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

Beginner Workout-[10-Minute, No-Equipment, Total Body Workout](#)

Advanced Workout-[20-Minute, No-Equipment, Total Body Workout](#)

Youth Activities- [15-Minute-No-Equipment, Kids of All Ages](#)



Nutrition: Choosing Healthy Snacks for Children

Snacks are part of a healthy diet for children. Creating a meal and snack pattern can help to provide children nutritious food throughout the day. Because younger children do not always eat enough at a meal, providing one to two snacks per day can help them get the nutrients they need. Snacks should not take the place of meals. If children refuse meals because of too much snacking, offer smaller snacks or fewer snacks throughout the day.

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Wellness: Parenting in the time of Covid-19

The World Health Organization have published 6 one-page tips for parents to cover planning one-on-one time, staying positive, creating a daily routine, avoiding bad behavior, managing stress, and talking about Covid-19. Check them out in the full article.

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