

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Thursday April 16, 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-Staying Active Throughout Covid-19.

The American College of Sports Medicine is dedicated to supporting and promoting health through physical activity. Amid concerns around the coronavirus disease pandemic, individuals in communities across the country and around the world are being encouraged to stay home. Click the link in the picture to find many resources to help you continue to stay physically active while at home.

Click picture to view full article

Tips: Staying Active at Home

Nutrition-12 Healthy Quarantine Cooking Tips

The quarantine brought on by the COVID-19 pandemic means we're all making more meals at home. But, we also have the challenge of not being able to run out to the store to pick up ingredients for our favorite meals. Not to worry. Here are 12 tips for cooking healthier meals with the items you have in your pantry and refrigerator.

Click picture to view full article



Wellness

Click picture to view full article

COVID-19 and your mental health

Worries and anxiety about COVID-19 and its impact can be overwhelming. Social distancing makes it even more challenging. Learn ways to cope during this pandemic.

