

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Friday April 17, 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!



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

## YK Fitness' Better Together Virtual 5K Series

Keep moving while the fitness center is closed with the **Better Together Virtual 5K Series**. Community members complete 5Ks by running, walking, strolling or wheelchair rolling each weekend in May. We will be physically apart, but united in our commitment to fitness. Each weekend in May, participants have the option to complete the 5K all at one time, or they can break it up over the entire weekend! Each weekend will have a different theme. The important thing is to get our participants active – if the theme doesn't work for you, you can still participate each week without the theme!

- **May, 1-3 Family Fun:** Bring your family along on your 5K
- **May, 8-10 Superhero:** Wear your favorite superhero.
- **May, 15-17 Fitness Unleashed:** Complete your 5K with a four-legged friend
- **May, 22-24 Team Spirit:** Sport your favorite team's logo and colors
- **May, 29-31 Pajamas:** Complete your 5k in your nighttime attire!

To get started, email your full name [Shadi.Rabi@hfit.com](mailto:Shadi.Rabi@hfit.com) by Thursday, April 30<sup>th</sup>. We'll follow up with additional details and support, including ways to prepare for a 5K and how to prevent injuries. We'll also supply tips for splitting up your 5K over a weekend. We'll even supply a print-at-home race bib!

By Monday noon each week, let us know you've completed your 5K — we'll send you a link to post your results. You'll receive a personalized certificate of completion for each 5K. We'd love to share your 5K selfies with other fitness center members!

## Nutrition- How to Shop for Food While Social Distancing

It's important to limit the amount of times you go shopping during this pandemic, that's why it's so important you know what to get when you do go. Here are some helpful tips!



*Click picture to view full article*

## Wellness- How to Stay Busy While Social Distancing

Being at home all day every day for an extended period of time can start to take its toll physically and mentally. Here are 100 activities you can do to stay busy and engaged!



*Click picture to view full article*