

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Thursday April 2, 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!



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

During the YK Fitness Center gym closure, we are excited to be able to offer you a virtual fitness option to help you keep active while the gyms are not available.

Wellbeats

Make exercise convenient and stay consistent while working from home with virtual fitness classes, delivered through HealthFitness' partnership with Wellbeats.

Wellbeats is a leading virtual fitness provider who creates a live class experience through virtually delivered programming. Download the Wellbeats app or visit the website [portal](#) to sign up today! Use access code: **b27fdf55**

- 500+ high quality, 1-60-minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

***Enjoy your free access until April 30, 2020.**

Nutrition

Quarantining equals more time at home, more time at home equals more time snacking. Portion control refers to a method of moderating one's diet by determining the number of calories in each food. Click the picture to the right to view some portion control basics.



Wellness

Assuming some of us have extra time, why not use it to learn a new skill? From culinary skills to animation, the list is endless! Just type into the search bar what you want to learn today, and you are off to the races. Skillshare is an online learning community with thousands of classes for creative and curious people.

