

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Monday April 20th, 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.

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, sign up here: <https://forms.gle/vHJgeqVzAtGB1u4X6>

Please sign up by Thursday, April 30th.

Nutrition- Recipes, Cooking, and Food Styling for Children

Cooking with Kids



Click picture to view full article

Food Styling



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Wellness- COVID-19 Advice for the Public: MythBusters

Check out the World Health Organizations articles detailing misconceptions surrounding the Coronavirus. Topics include 5G mobile networks, Hot weather/high temperatures killing the virus, holding your breath to tell if you can beat the virus, drinking alcohol to prevent the virus, and many more.



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