

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Tuesday April 21st, 2020

Important Links

YK Fitness Center Website:

<http://www.ykfitness.org/>

City of Bethel Website:

<https://www.cityofbethel.org/>

Bethel, AK Local News:

<https://www.kyuk.org/>

Yukon-Kuskokwim Health Corporation Website:

<https://www.ykhc.org/ykhc-news/>

State of Alaska COVID-19 Website:

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>

Federal CDC Website:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

#HealthyInBethel

Rules are simple. Like/tag us on Facebook @YKFitnessCenter, and hashtag #HealthyInBethel while posting about how you are staying healthy in Bethel.

#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.

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

Please sign up by Thursday, April 30th.

Physical Activity-**COVID-19** PE and Fitness Resources

Staying active and fit is a critical part of staying healthy. Although many school and businesses are sending people home, it doesn't mean that you and your family can't be physically active.

Click picture to view full resource



Nutrition

Eating during Covid-19: Improve your mood and lower stress.

Click picture to view full resource



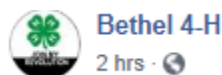
Wellness

Tips on Looking After Yourself-Managing COVID-19 Stress.

Click picture to view full resource



Youth Activities



Bethel 4-h'ers, you are welcome and encouraged to pick up weekly activity packets from the Bethel 4H Clubhouse. This week's activity packet is "Skipping into Spring". Please remember meals and activities may be picked up Monday, Wednesday, and Friday from 4:00-6:00pm at the Bethel 4h Clubhouse. Call 907-543-2088 with any questions.

Click picture to view Bethel 4H Facebook page

