

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Wednesday April 22<sup>nd</sup>, 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. Create a post and tag us!

#HealthyInBethel



The Mortensen bros built their own pull-up bar

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 30<sup>th</sup>.

## Physical Activity-Safety Guidelines for Outdoor Activity

*"Alaska is beautiful and being outside can be a good way to take care of your physical and mental health, but it's important that you do it safely,"*  
- Dr. Anne Zink, Alaska's Chief Medical Officer.

Click picture to view full resource



## Nutrition-Estimated Calorie Need Per Day

Do you ever wonder how many calories you should be consuming per day? Do you ever wonder how many calories your children should be consuming per day? Check out this article to view a chart detailing different caloric needs based upon age, sex, and physical activity level.

Click picture to view full resource



## Wellness-Earth Day 2020

April 22<sup>nd</sup> is Earth Day! Check out their website to view events and action programs happening right now! Get outside today and enjoy the Earth.

Click picture to view full resource



## Youth Activities-Family Friendly Activity Ideas

Looking for some fun ideas to get out and play? Check out the ideas below for healthy ways to get your kids moving. Be sure to dress for the weather, stay hydrated and wear protective equipment.

Click picture to view full resource

