

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Thursday April 23rd, 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>

Today is #LibraryGivingDay!

Support the Kuskokwim Consortium Library and help them give books to Bethel youth.

View more details at:

<https://www.facebook.com/KuskokwimConsortiumLibrary/>

<https://www.kyuk.org/post/bethel-library-raising-money-bring-dolly-parton-book-program-town>

Or Donate at

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



Dolly Parton's Imagination Library gives a free book every month to children from birth until the age of five.

CREDIT DEAN SWOPE / KYUK

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.

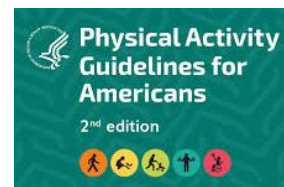
To get started, sign up here: <https://forms.gle/vHJgeqVzAtGB1u4X6>

Please sign up by Thursday, April 30th.

Physical Activity

Regular physical activity is one of the most important things people can do to improve their health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. The scientific evidence continues to build—physical activity is linked with even more positive health outcomes than we previously thought. And, even better, benefits can start accumulating with small amounts of, and immediately after doing, physical activity.

Click picture to view full resource



Nutrition

Nutrition is complicated! Information comes at us from all directions and seeing the new "best" diet every couple month adds to confusion. Check out this article today to view 20 good things to know about nutrition.

Click picture to view full resource

LiveWell

Wellness

As we stay at home to prevent the spread of COVID-19, many of us have the unexpected gift of more time and space to care for ourselves. View this article today and explore 25-Stay-At-Home Self-Care Ideas!

Click picture to view full resource



Youth Activities

Looking for things to keep yourself and family entertained during the quarantine? Check out all these great activities the Fairbanks North Star Borough Parks and Recreation Department has put together!

Click picture to view full resource

