

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Friday April 24th, 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>

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

Click picture to view full resource

Household items, at-home workout series

Check out various at home workouts with everyday items found in your household!

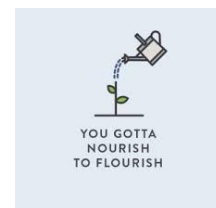


Wellness

Click picture to view full resource

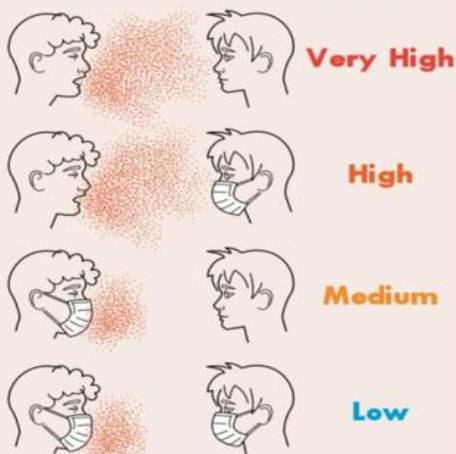
8 apps to support your mental health during the coronavirus pandemic

The coronavirus and the social distancing that comes with it can be isolating, anxiety producing and stressful. Check out these apps to assist during these difficult times.



Take action to slow the spread of COVID-19 by wearing a cloth face covering in public spaces, keeping at least six feet of physical distance from others, and frequently washing your hands. Like this graphic shows, a cloth face covering will help protect people around you in you are infected but do not have symptoms. If you wear one, you protect others; if others wear them, you are protected. Friends don't let friends leave home without a facial cloth covering.

Probability of Contagion



Youth Activities

DIY Kid's Projects by LOWE'S

Click picture to view full resource

Looking for some fun projects to do with your kids? A Lowe's DIY guru put together some simple activities and projects to keep children entertained.

