

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Monday April 27th, 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.



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-April Move More Challenge

YK Fitness' April-Move More Challenge is coming to an end and everyone has done a great job staying active.

73 responses have been recorded!

Check out what everyone else is doing to stay active:

Dance off via Wii, Tundra Hunting, Online Video workouts, Walking, Running, and Dog Walking, Skiing, Yoga, Running, Boxing, Strength Training, and Gardening.

Remember it is not too late to signup/back log all April Activity. Go here to submit your daily activity: <https://forms.gle/wga9tjkucaBhPPV6>

Nutrition-15 Healthy Alternatives to Junk Food

From salty chips to sugary ice cream cones, the taste of junk food can be oh-so-tempting. Luckily, check out these 15 healthy junk food alternatives that will hit the spot and keep you eating healthy and feeling good!

Click picture to view full resource



Wellness-Free Online Classes

Click picture to view full resource



Click picture to view full resource



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