

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Tuesday April 28th, 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>

How to survive if you fall through thin ice

The state Department of Health and Social Services says that, since 2000, a total of 59 people have died after falling through ice. In the last five years, 11 people lost their lives this way.

Jeremy Lilly, president of the Alaska Dive Search Rescue and Recovery Team, recently demonstrated how to climb out of icy water. He says people first need to be prepared for the shock of the cold water.

Click picture to view full resource



11 KTVA

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

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(Utilize code-
b27fdf55)



Wellbeats has many different types of group fitness channels to choose from with a ton of different classes in each channel.

Nutrition-Meal Planning Made Easy!

What's for dinner? If you often find yourself in a last-minute scramble, trying to figure out what to make, you're not alone. Does the thought of planning a menu feel like a daunting task? Even if you have struggled in the past, by spending a little time up front, you can make it faster and easier to answer the question, "what's for dinner?"

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Wellness-How to Avoid Burnout Amid a Pandemic

Juggling remote work, childcare and more has morphed burnout in the time of coronavirus, and preachy calls to pick up a new hobby might make it worse. Here's are some suggestions on how to manage the stress.

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Youth Activities-7 DIY Baking Soda Project Ideas

From the budding engineer to the sculptor-in-training, there is something for everyone with these crowd-pleasing DIY projects for kids. And every

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project features ARM & HAMMER™ Baking Soda. So, grab your supplies, a big bag of baking soda, and see what happens!

One more thing: Adult supervision recommended for these projects.

