

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Friday April 3, 2020

## Important Links

State of Alaska COVID-19

Website:

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>

City of Bethel Website:

<https://www.cityofbethel.org/>

Federal CDC Website:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Yukon-Kuskokwim Health Corporation Website:

<https://www.ykhc.org/ykhc-news/>

Bethel, AK Local News:

<https://www.kyuk.org/>

## #HealthyInBethel

Rules are simple. Like/tag us on Facebook @YKFitnessCenter, and hashtag #HealthyInBethel while posting about how you are staying healthy in Bethel. This could include a home workout and a picture, a new healthy recipe you have, or any kind of emotional wellness tips you have. Create a post and tag us!



Moving forward, the YK Fitness team is going to be populating daily “newsletters” focusing on: **Physical Activity, Nutrition, and Emotional Wellness.**

Go to <https://forms.gle/3dx4ZvBPz34LYeRw8> and tell us what topics you want to see information on.

## Local Recipes

YK Fitness is looking for local recipes to include in our daily nutrition newsletters. If you have any recipes utilizing subsistence foods, please feel free to email Shadi at [Shadi.Rabi@hfit.com](mailto:Shadi.Rabi@hfit.com). We will be sure to include your name with the recipe!

## Physical Activity

### Body Weight Beginner Circuit

**Complete this circuit 3x:** Take a 30 second break in between circuits.

- Bodyweight squats: 20 reps
- Push-ups: 10 reps (modified pushups on your knees if needed)
- Walking Lunges: 10 each leg
- Plank: 15 seconds (do more if you can)
- Jumping Jacks: 30 reps

*(Click on this image to watch a video explaining the exercises)*



## Nutrition

### Curried Ptarmigan (John McDonald and Beverly Hoffman)

1. Marinate **ptarmigan breasts** in **white wine** overnight (optional)
2. Slice ptarmigan into strips.
3. Sprinkle strips with **meat tenderizer** (if you have it)
4. Cut up **jalapeno and garlic**
5. Heat **oil**, quickly fry garlic and jalapeno for a minute
6. Add ptarmigan, fry
7. When almost done add **onion**
8. Cook till meat is done, onion softened
9. Add water or **chicken broth**
10. Add **curry powder**
11. Add **sliced carrots** about halfway through cooking.
12. Let cook for at least 1 hour, check meat, cook longer if needed.
13. Thicken with mixed **flour and water**
14. Add **Salt** to taste.
15. Serve with rice, also **marinated cucumber** is good with it.



## Wellness

The Coronavirus pandemic has led to a collective loss of normalcy throughout the United States. Americans are dealing with an abundance of emotions at a time when most of our normal routines have been turned upside down. Click the picture at the right to view an article understanding your emotions during this time.

