

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Tuesday April 7<sup>th</sup>, 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.

## How to make a mask/tips to help slow the spread of Covid-19

*Please click on picture below to view article detailing how to make masks.*



## Physical Activity

For all of us, young and old, regular physical activity is important for staying healthy! Regular physical activity can help reduce your feelings of stress, anxiety, and boost your immune system.

*Click picture to view full article*

Staying **Active** During the **Coronavirus Pandemic**

Exercise is Medicine

## Nutrition

**Empty Calories** are calories from solid fats and or added sugars. Learning more about solid fats and added sugars can help you make better food and drink choices.

*Click picture to view full article*



## Wellness

### Outbreaks can be stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of [alcohol](#), [tobacco](#), or [other drugs](#)

*Click picture to view full article*

