

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Wednesday April 8th, 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.

Physical Activity

Missing the fitness center? We are too.

While we are away, we wanted to make it as easy as possible for you to stay on top of your fitness routine. So HealthFitness is offering a variety of virtual classes via Facebook Live. These classes are being brought to you by HealthFitness instructors across the country and are designed to help you stay healthy during the closure. To get started, just visit

<https://www.facebook.com/groups/virtualfitnesshealth>.

To join the group, you’ll be asked to indicate that you are a part of the YK Fitness Center and to agree to the terms found here: <https://bit.ly/39IdXdE>.

As part of the **Virtual Fitness and Health** group, you’ll have access to a schedule of Facebook Live classes, including High Intensity Interval Training, Vinyasa Yoga Flow, Tabata, nutrition advice and much more. Be sure to check the schedule posted in the group’s Announcements tab and sign up for notifications when classes go live. Don’t worry if you miss the live class — recordings will be available in the group’s Videos tab.

Nutrition: What is a Calorie?

Fast facts on calories

- Calories are essential for human health. The key is consuming the right amount.
- Everyone requires different amounts of energy each day, depending on age, sex, size, and activity level.
- People in the United States consume more than 11 percent of their daily calories from fast food.
- Foods high in energy but low in nutritional value provide empty calories.

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Wellness

Use the Four Ps to Combat COVID -19 Stress

Use perspective, purpose, positive thinking, and productivity to manage stress.

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