

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Friday May 1st, 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>

The YK Delta COVID-19 Response Fund at BCSF has made its first 8 grants. Congrats to: [Emmonak Women's Shelter](#), [Tundra Women's Coalition](#), [KYUK](#), [Chuloonawick Native Village](#), [Native Village of Mekoryuk](#), [Native Village of Nunapitchuk](#), [Native Village of Nightmute](#), and [Bethel Evangelical Covenant Church](#) (for Winter House shelter). Thanks to all that you are doing to protect citizens of the YK Delta during the threat of COVID-19, and thanks to our many donors for making these grants possible. We will have at least two more grant cycles. To give or learn more, click below:



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

Better Together Virtual 5K Series

May, 1-3 Family Fun:

Have the family complete a 5K together: run, walk, stroll, or roll together as a family.

To get started, sign up here: <https://forms.gle/vHJgeqVzAtGB1u4X6> or visit <http://www.ykfitness.org/virtual-5k>

Tips for a Successful 5K

Before you Run: Dynamic Warmup

WHAT YOU NEED TO KNOW ABOUT
Post-running Stretches



Nutrition & Wellness



Youth Activities

