

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Thursday, May 14th 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>

Now Hiring

We are currently hiring for several positions. Click below to view job descriptions and to apply.



Youth Activity

Smart Fit Girls is a girls' empowerment program proven to improve self-esteem, body image and physical activity enjoyment. 🧘🏻‍♀️👉🏻👊🏻

Monday and Wednesday 10AM-12PM PST
Tuesday and Thursday 3-5PM PST
STARTING THE WEEK OF MAY 25TH
- OPEN TO MIDDLE SCHOOL GIRLS ONLY -
WE'RE OFFERING TWO 5-WEEK VIRTUAL SFG SUMMER CAMPS!
Sign up using the registration link in our bio.
Limited spaces available so sign up ASAP!

Physical Activity

Yoga with Janessa: Sunday, May 17th at 6pm in the Fitness Center Studio
Class limit is 8 people, entry is first come first served.

YK Fitness' Better Together Virtual 5K Series

May, 15-17 Fitness Unleashed: Complete your 5K with a four-legged friend. (click picture for details)



Make May Matter



Join Health Fitness Members throughout the country in being safe and healthy. Complete assignments throughout the month and earn points to show everyone that health and fitness matters! Open to all ages.

Our theme this week is Mental Health Matters.

Me Time: Take 10 minutes just for you — take a walk, read a book, work on a hobby. 1 point for every 10 minutes

Meditate: Practice a breathing exercise. 2 points for every 5 minutes you spend practicing the breathing exercise

- [See video demonstration](#)

Minimize Monitor Minutes: Turn off your device 30 minutes before bed. 3 points for every evening you do this

Nutrition

POPULAR DIETS Explained



the **GOOD** ⊕

the **FAD**

& the **BAD** ⊖