

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

Tuesday, May 19<sup>th</sup> 2020



**We are open:**  
**Mon-Fri 5:30am-9pm**  
**Sat & Sun 2-9pm**

## **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:](#)

Federal CDC Website:

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

## **Keep It Clean!**

PLEASE help keep the fitness areas clean and bring inside shoes. Shoes worn outside leave a mess on the fitness room floors. Worse, if this dirt and silt gets into the motors and rollers of cardio equipment it can damage them. PLEASE help us keep the facility and equipment clean and in good working order. Thank you.



**Please bring **INSIDE** shoes for use in the fitness rooms.**

Outside shoes should be removed in the lobby. Thank you for helping us keep the facility clean.



## **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 Mindful Eating Matters.**

**Make Snack Time Count:** Got the munchies? Set a timer and wait 10 minutes before you have a snack to make sure you aren't eating mindlessly.

- 1 point for each time you do this
- [See healthy snack ideas](#)

**Manage Water Intake:** Drink eight 8-ounce glasses of water each day.

- 2 points for each day you do this

**Meal Prep:** Prepare a healthy and balanced meal. Your meal plate should be: One-half fruits and vegetables, one-quarter whole grains, and one-quarter lean protein, plus a serving of dairy.

- 3 points for each healthy and balanced meal
- [Learn more about meal planning](#)

Download your [scorecard](#)

## **YK Fitness' Better Together Virtual 5K Series**

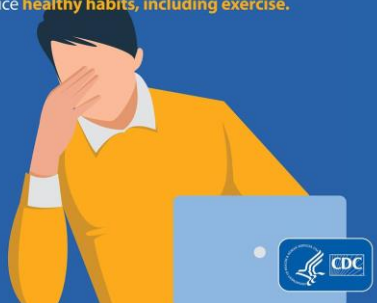
### **May, 15-17 Fitness Unleashed:**

Enter your completion information and send us your picture of you and your four legged friend.



### **REDUCE YOUR STRESS:**

- Know the **common signs of stress**.
- Talk with **family and friends** by **phone, text, or email**.
- Take breaks from **news stories, including social media**.
- Practice **healthy habits, including exercise**.



## **Wellness**

Everyone reacts differently to stressful situations like COVID-19. You may feel anxiousness, anger, sadness, or overwhelmed. Find ways to reduce your stress to help yourself and the people you care about.