

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Monday May 4th, 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>

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

Last Chance to enter your [April Move More Challenge](#) results.

YK Fitness' Better Together Virtual 5K Series

Did you complete your Family 5K? Enter your results at <https://forms.gle/TvzA1W54GcPbsr136> or send to ykfc@cityofbethel.net.

Visit <http://www.ykfitness.org/virtual-5k> to preview and prepare for next week's theme

Nutrition & Wellness



The world of "apps" continues to grow. With so many apps available, how do you choose the right ones for you? Games and entertainment apps are one thing, but when it comes to your health and lifestyle habits, proceed with caution. There is a lot more to consider, including safety. Think carefully before you "Buy Now."

Keep Bethel Beautiful and win a prize!

Alpar bags are available for pick up at:

- Public Works (City Shop) 543-3110,
- Port Office, 543-2310
- Fire Station, 543-2131
- ONC - available in the entry way
- YK Fitness Center. 543-1398

Call before pick up:

Earn One ticket per bag to participate in the raffle.

CITY OF BETHEL PRESENTS

Clean Up, Green Up! Fill the Bag Contest

May 1 through June 8 (noon)

Bag Pick Up Locations	Drop Off Locations
Public Works Building	Landfill (Mon-Sat, 8am-6pm)
Port Office	Port Office (Mon-Fri, 8am-5pm)
Fire Station	Fire Station (7 days/week, 9am-9pm)
YK Fitness Center	
ONC	

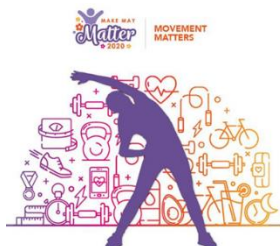
Prizes

- 2 Nintendo Switch Lites
- Bicycles
- Gift Cards and more!

1 full bag of trash will earn 1 ticket for the drawing

Tune into KYUK Radio, Zoom, or the City of Bethel Facebook live stream on June 9th at 6:30pm for the drawing held at the City Council meeting.

Make May Matter



Join Health Fitness Members throughout the country in being safe and healthy while fitness centers are closed. 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 Movement Matters.

Movement: Walk, jog, run, dance; whatever gets you moving!

- 1 point for every 10 minutes
- [See video demonstration](#)

Maximize Strength: Perform 10 squats + 10 push-ups + plank for 20 seconds.

- 2 points for every set of all three exercises
- [See video demonstration](#)

Mobility: Complete a set of stretching exercises.

- 3 points for every set of all five exercises
- [See video demonstration](#)

Visit <http://www.ykfitness.org/make-may-matter> to load your and score card to track your daily progress and to enter your weekly totals