

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Wednesday, May 6th, 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 information on.

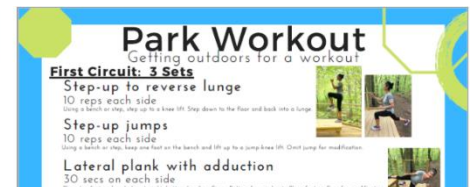
YK Fitness' Better Together Virtual 5K Series

May, 8-10 Be a Superhero: Wear your favorite superhero attire or create your own superhero! Wear your costume to complete your 5K this weekend.

To get started, sign up [here](#) or visit <http://www.ykfitness.org/virtual-5k>; send pictures to ykfc@cityofbethel.net.

Physical Activity

As the weather improves try these outdoor workouts on your own, or join us for outdoor [Group Fitness Classes](#)

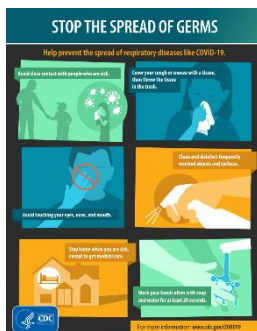


Today is National Nurses Day!

We wanted to give a shout out to all the nurses here in the delta, across the country and the world who are working hard to help people not just with CoVID-19, but with all other health issues. [Dancing Nurses](#)



Remember, the best thing we can all do to help our nurses is to stay healthy.



Wellness



Searching The US Department of Veterans Affairs has created the COVID Coach app featuring education about coping during the pandemic, tools for self-care and to improve emotional well-being, trackers to check your mood and measure your growth toward personal goals and graphs to visualize progress over time.

The COVID apps is available to everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.



Learn to help keep your loved ones safe in & around water with drowning prevention & emergency response information. Includes educational games and videos for kids plus a swim lesson progress tracker.



Or text: "SWIM" to 90999

Youth Activities

The American Red Cross offers several free, fun apps for parents and children to learn how to be prepared for emergencies at home and around the water.



For kids aged 7-11. This app teaches preparedness for real-life emergencies at home with the help of Maya, Chad, Olivia and all the monsters.



Or text: "MONSTER" to 90999