

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Thursday May 7th, 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>

We are very excited to announce that effective Saturday, 5/9/20 The Fitness Center is reopening! To assure we can provide a safe environment for all there will be several changes to our standard operations including hours changes, area and equipment closures, and capacity limitations as well as social distancing and mask requirements.

We are reviewing the final guidelines just released by Alaska public health officials this evening and will post details tomorrow. Thank you all for your patience and support.

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](http://www.ykfitness.org/virtual-5k) visit <http://www.ykfitness.org/virtual-5k>; and/or send pictures to ykfc@cityofbethel.net.

Have you heard? It is going to be the summer for outside barbecues! With the relaxation of some of the COVID-19 distancing measures, we are now able to visit with friends and family. It is important to be reminded that COVID-19 is still a very serious threat to our community and region. Please continue to follow the safety measures by washing your hands a lot, wear your face masks when in public (to include the BBQs) and stay home if you are sick. We are doing great Bethel, keep it up!~ Courtesy of City of Bethel



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.

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

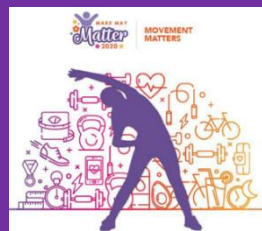
- 1 point for every 10 minutes
- [See video demonstration](#)

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

- 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](#)



Youth Activities

Spirit of Youth is offering \$1,500 grants for COVID-19 messaging, specifically intended to support youth led projects for middle and high school students. Youth can create their own media, including but not limited to pictures, memes and videos, and post it to their own social media channels.

Individual teens and youth groups are eligible.

