



# Yukon-Kuskokwim Fitness Center

SAFETY \* WELLNESS \* COMMUNITY

February 2021

## Important Links

[YKFC](#)

[City of Bethel](#)

[Bethel, AK Local News](#)

[Yukon-Kuskokwim Health Corporation](#)

[State of Alaska Covid-19](#)

[CDC](#)

## Facility Updates

The facility is currently closed to the public.

Memberships are on hold and will be reactivated when the facility re-opens.

## Keeping Up With YKFC

Stay up to date by following us on [Facebook](#)

## February is American Heart Month

The National Heart, Lung, and Blood Institute established February as American Heart Month to raise cardiovascular disease and heart health awareness. Cardiovascular disease is a broad term that includes many heart related illnesses, including those that can cause a heart attack. Currently, approximately 22,000 Alaskans are living with a cardiovascular disease. Heart related conditions can have a huge influence on someone's lifestyle and well-being. Small lifestyle changes can help you avoid or manage heart related conditions. Something as simple as reducing salt can have a big impact on your heart health. Understanding your risk factors and what you can do to keep your heart healthy can help you lead a long life. If you have concerns about your heart health please contact your doctor immediately. The sooner you seek medical help the sooner you can get back to living your life! We're sharing healthy heart tips all month, make this the first step towards a healthier heart.

#OurHearts  
namaste together

Try yoga or meditation to reduce stress.

NIH  
FIC

#WearRedDay

National Wear Red Day  
February 5

Heart disease is a leading cause of death in the U.S. Know your risk and protect your heart.

hearttruth.gov

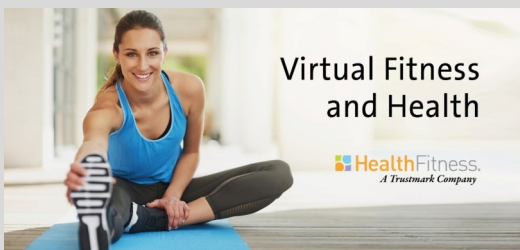
NIH  
FIC

#OurHearts  
devote time to self-care

Self-care for your heart is really self-care for your whole self.

NIH  
FIC

## Virtual Fitness and Health



Keep up with your home workouts with virtual fitness classes continuing into 2021.

[Find Classes Here](#)

## Heart Healthy Recipes

A balanced diet is a key ingredient to a healthy lifestyle. Keeping sodium and saturated fat levels low will help keep your heart healthy. Focus your meals on ingredients like fruit, vegetables, and fish. Avoid eating pre-seasoned or instant dishes and sugary drinks whenever possible. You can also try rinsing canned vegetables and cooking pasta without salt. Give your family heart healthy alternatives to their favorites, like these [wings](#) with only 90mg of sodium per serving.

## Get Moving!

To maintain heart health adults should aim for 150 minutes of activity every week. That might sound intimidating, but it's only 30 minutes five times a week. Most of us spend 30 minutes (or more!) scrolling through our phones every day. If you don't have 30 minutes of free time you can break that up into smaller periods throughout your day. [Regular exercise can lower your blood pressure, maintain your weight, and reduce stress.](#)

We're challenging you to thirty minutes of activity *every* day this month! How you choose to get moving is up to you. Our favorite activities are biking, dancing, walking the dog, and joining a virtual class. Using our [calendar](#), or yours, put an X on every day you achieve 30 minutes of activity. Email us ([ykfc@cityofbethel.net](mailto:ykfc@cityofbethel.net)) your completed calendar between March 1 and March 5 to be entered to win a prize from YKFC.

## Quit Smoking

[Smoking is recognized as a major factor in heart health.](#) With harmful effects on everything from your lungs to your bones there's no wondering why quitting smoking is one of the most recommended lifestyle changes. Quitting smoking is difficult and there isn't a one size fits all approach. Some former smokers found success with quitting 'cold turkey' while others opt for a gradual approach. If you're struggling with quitting smoking you might have to try a few approaches until you find the one that works for you. Setbacks are part of the process, don't be too hard on yourself if you a roadblock. Make sure you have a healthy snack and distracting activity ready for when a craving hits. Talk with your loved ones about quitting smoking. Accountability and community are huge factors in establishing a healthy habit... or quitting a harmful one.

## Helpful Links

NHLBI:

[Cardiovascular Disease](#)

NHLBI: [Effects of smoking](#)

American Heart

Association: [Quit Smoking](#)

Know Diabetes By Heart:

[Recipes](#)



SCIENTIFICALLY PROVEN TO IMPROVE BODY IMAGE!



Sessions Start in February 2021 - Register Today!

## Free Empowerment Program for Middle School Girls!

[Smart Fit Girls](#) is offering two virtual sessions this Spring. The first session will be February 8—March 12 and the second session will be March 22—April 23. Rising 6th-8th grade girls are invited to participate in the virtual, five week program. Participants will meet twice a week for two hours. Space is limited, register here: [session 1](#), [session 2](#).

Yukon-Kuskokwim Fitness Center

[www.ykfitness.org](http://www.ykfitness.org)

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