



# The Yukon-Kuskokwim Fitness Center Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

February 5, 2021

## Important Links

[YKFC](#)

[State of Alaska Covid-19](#)

[City of Bethel](#)

[CDC](#)

[KYUK—Bethel, AK Local News](#)

[Yukon-Kuskokwim Health Corporation](#)

## Facility Updates

The facility is currently closed to the public.

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

Let us know what you want for the future of YKFC by taking our [survey](#).

## Keeping Up With YKFC

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

## Get Moving!

Staying active can help lower your blood pressure, reduce stress, and improve your heart health. How you choose to get moving is totally up to you: walking, jogging, dancing, anything that gets your heart pumping.

A great way to get your heart rate up while staying socially distant is a virtual cardio class. Health Fitness is bringing workouts into your home through the Virtual Fitness and Health Facebook Group. The weekly calendar and how to join are on our [website](#). If you're just starting your fitness journey combining fitness with activities you already enjoy is a great way to begin incorporating the habit into your lifestyle. If you love the outdoors consider hiking or taking your yoga practice outside. If you really enjoy music and dancing try a dance class. Fitness comes in all shapes and sizes! We're challenging you to 30 minutes of activity *everyday* in February. Find out more and download a calendar [here](#).

## Don't have weights at home?

You don't need 'em! Sometimes we have to get creative with our home workout gear and turn to everyday household items for weight and resistance.

Can of Peas: a little over 1/2lb

Bag of sugar: 4lb

Gallon jug of water: about 8.5lb

Large laundry detergent: about 10lb

Dog food: 20lb-40lb

\*Never lift more than you are comfortable with and speak with a doctor before starting a new workout.

## De-Stress Tips

Taking a deep breath can help relieve stress and control blood pressure. Next time you're feeling stressed or anxious try taking a slow breath in through your nose and out through your mouth.



## Heart Healthy Recipe: Vegetable Frittata

Is there anything better than a frittata for breakfast? With spinach AND mushrooms this recipe is topping our list of must-try heart healthy dishes. The option to use fresh or canned/frozen vegetables in this dish makes it a great year round meal. Let the kids get involved by having them help you prepare the ingredients. Find the full recipe [here](#) and more of our favorite heart healthy recipes on our [website](#).