



The Yukon-Kuskokwim Fitness Center Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

February 12, 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](#)

Watch the salt

This week we're focusing on how our diets affect our hearts. Maintaining a healthy amount of sodium in your diet is essential to a healthy heart. Sodium is a major factor in high blood pressure and heart disease. We all know that things like potato chips are high in sodium but sodium is actually hiding in a lot of foods. Canned foods are typically high in sodium, try rinsing them to remove some of the added salt. Another hiding spot for sodium is condiments and salad dressings. Try to limit the amount of condiments you add to each meal. The biggest sodium hiders are frozen and prepared meals like frozen pizza or canned soup. The best way to enjoy these meals is to make them at yourself instead of opting for the pre-prepared versions whenever possible. Start small by limiting the sodium in one meal a week. After a month it'll become a habit to monitor and reduce your sodium intake.

Yoga at Home

Since early 2020 our homes have been converted into schools, offices, gyms, and restaurants. We've been making the most of it and adapting to our current situations. You might not have a studio at home but you have everything you need for a good yoga practice.

Yoga mat: towel or camping pad

Blocks: books or folded blanket

Straps: belt, scarf, or tie

Studio: any quiet room!

Instructor: [recorded or live class](#)

De-Stress Tips

Often when we're stressed or under pressure sleep is the first thing we give up. It's definitely tempting to stay up late to finish a project or meet a deadline. Cutting valuable sleep time is one of the last things we should do! Our minds and bodies need sleep to reset and repair. People who get less sleep frequently report more feelings of anxiety and stress. Prioritize your health by keeping a regular sleep schedule.

Get Moving!

Adding 30 minutes of activity to your day is one of the simplest changes you can make towards a heart-healthy lifestyle. Studies show that being inactive makes you nearly twice as likely to develop heart disease. Anything that gets your heart rate up is a good source of activity. Try biking, jumping rope, or briskly walking. This month we're [challenging](#) you to get 30 minutes of activity *every* day.