



The Yukon-Kuskokwim Fitness Center Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

February 19, 2021

Important Links

[YKFC](#)

[State of Alaska Covid-19](#)

[City of Bethel](#)

[CDC](#)

[KYUK—Bethel, AK Local
News](#)

[Yukon-Kuskokwim
Health Corporation](#)

Facility Updates

Great job keeping infection rates low and getting those vaccination rates up! We are looking forward to possibly opening the fitness center March 1. *Stay tuned for details.*

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](#)

Say “No” to Tobacco

Smoking and vaping can increase your risk for a lot of serious health concerns, including heart disease. If you’ve been considering quitting tobacco but aren’t sure where to start [Be Tobacco Free](#) and [Be Smoke Free](#) are here to help. These two sites offer a variety of resources ranging from fact based articles to live chats with experts and counselors. It isn’t easy to quit smoking but it is certainly possible. One of the best motivators for quitting smoking is a [quit plan](#). You’ll start by setting a date to quit smoking, then reach out to your loved ones and let them know what you’re doing and why. Next, you’ll calculate your tobacco free savings (you’ll be amazed how much you’ll save!) after you get over the shock of how much you’ll save you’ll review your reasons for quitting and your smoking triggers. Finally, you’ll prepare to fight your cravings (everyone has them, don’t stress) and start your path to being tobacco free!

No Equipment Needed

If you’re tired of scouring the house to find a substitute for your gym weights we have a workout plan for you! Get back to the basics with a bodyweight only workout. Many of these workouts will give you a mixture of heart pumping moves and strength building poses using only your body. Our favorite bodyweight workouts are featured on our [Home Workout Suggestions](#) page.

Heart-Healthy Diet

Choosing heart-healthy, low sodium meals may sound daunting and boring but we’ve found some great low sodium meals that your family is bound to love. Try swapping the weekly chicken nuggets for these heart approved [Boneless Barbecue ‘Wings’](#). Looking for more recipe resources? Check out our [website](#) for recipes and inspiration.

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.