

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Wednesday April 29<sup>th</sup>, 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>

## #HealthyInBethel

Rules are simple. Like/tag us on Facebook @YKFitnessCenter, and hashtag #HealthyInBethel while posting about how you are staying healthy in Bethel. This could include a home workout and a picture, a new healthy recipe you have, or any kind of emotional wellness tips you have. Create a post and tag us!



#HealthyInBethel

Go to <https://forms.gle/3dx4ZvBPz34LYeRw8> and tell us what topics you want to see information on.

## YK Fitness' Better Together Virtual 5K Series

Keep moving while the fitness center is closed with the **Better Together Virtual 5K Series**. Community members complete 5Ks by running, walking, strolling or wheelchair rolling each weekend in May.

To get started, sign up here: <https://forms.gle/vHJgeqVzAtGB1u4X6>

Please sign up by Thursday, April 30<sup>th</sup>.

## Physical Activity: Outdoor Fitness Classes!

Join us this week for some outdoor fitness classes:

Thurs, 4/30 @6:30pm in YKFC Parking lot: **Cycling with Rose**

(using stationary cycles)

Sat, 5/2 @11am at Pinky's Park: **Bootcamp with Kevin**

Sun, 5/3 @ 2pm at Pinky's Park: **Jump Rope with AnnaRose**

Sun, 5/3 @ 3pm at Pinky's Park: **Yoga with Janessa**

Tue, 5/5 @ 6:30pm start at YKFC: **Running with Renee**

Visit <http://www.ykfitness.org/group-fitness> for class details and requirements.

## Nutrition-Smart Snacking—15 Go to Snack Ideas

Snacking often brings up images of High-Calorie foods with little nutritional value—cookies, chips, soda, ice-cream, and more. It is true that limiting these choices is a good idea, but did you know that well-planned snacks can be a healthy part of your eating plan? The trick is to listen to your hunger cues and be prepared with nutritious options.

*Click picture to view full resource*



## Wellness-Change the Conversation

COVID-19 related closures have sent many of us to our home offices, kitchen counters, and dining tables for remote study or work — or none at all. For many, having to unexpectedly leave or disengage with our community – even if just for a short time – can be stressful. For others, this pandemic may be exacerbating symptoms of anxiety or other mental illnesses. Active minds has tips and tools to help change the conversation about mental health while social distancing.

*Click picture to view full resource*

