

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Monday April 6th, 2020

Important Links

State of Alaska COVID-19

Website:

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>

City of Bethel Website:

<https://www.cityofbethel.org/>

Federal CDC Website:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Yukon-Kuskokwim Health Corporation Website:

<https://www.ykhc.org/ykhc-news/>

Bethel, AK Local News:

<https://www.kyuk.org/>

#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!



Moving forward, the YK Fitness team is going to be populating daily "newsletters" focusing on: **Physical Activity, Nutrition, and Emotional Wellness.**

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

Physical Activity

Beginner

*At home workout

*No weights/equipment

(Follow Link in Picture Below to view workout)



Advanced

"The Murph/Cindy"

The entire workout is for time.

1. 1-mile run.
2. 100 pull-ups
3. 200 push-ups
4. 300 air squats
5. 1-mile run.

Alternative is breaking steps 2-4 down into 20 sets. 20 sets of 5 pull-ups, 10 push-ups, 15 air squats.

Nutrition

Sheila's Venison (wild game) Meatloaf

Ingredients

4 slices of bread-moistened with milk
1 egg, beaten
1.5 lb. ground venison (substitute as needed)
3/4 lb. ground pork
3/4 lb. ground veal (substitute as needed)
1 medium onion, chopped
1/2 green pepper, chopped
2 1/2 tsp. salt
1 1/2 tsp. finely ground pepper
1 tsp. crushed fennel seed
1 tb. Oregano
1 tb. Basil
6 rounded tb. Grated parmesan
2 8 oz cans of cream of mushroom soup
1 cup water or stock
6 potatoes, quartered.

Directions

1. Squeeze most of milk from bread, fork or tear into pieces and whip the egg into it.
2. In a large bowl mix the three ground meats (or 2) with your fingers.
3. Add the egg/bread mixture and all the rest of the ingredients, save the mushroom soup/water/potatoes.
4. Turn into meat mix and again use your fingers to make a uniform mix.
5. Mold the loaf into an oblong, dust with flower, and place in roasting pan.
6. In one of the bowls stir the soup and water/stock into a uniform mix and pour over the loaf.
7. Cover and bake for about 1.5 hours at 350. After about 30 min put, the potato quarters around the loaf, re-cover the pan, and finish out the 1.5 hours.

Wellness

Check out this short-30 min podcast on dealing self-quarantine.

Click the picture to the right to be taken to the podcast.

