

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Thursday April 9th, 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

- *At home workout
- *Dumbbells needed.

(Follow Link in Picture Below to view workout)



Nutrition

Meyers Farm in Bethel, AK is now offering \$5 fresh produce boxes.

Click picture to go to Meyers Farm Website



Wellness: Safe Grocery Shopping

Safe Grocery Shopping During the COVID-19 Pandemic

Even if your state has issued an order to stay at home as much as possible, grocery shopping is an essential activity. How can you do it safely?

We're learning more about the coronavirus and how it spreads each day. Since it's a respiratory virus, experts think it spreads from person to person mostly through respiratory droplets. The biggest risk of shopping is most likely coming into contact with others. So far, there is no evidence that the virus spreads from food or food packaging. It might be possible to get COVID-19 by touching a surface with the virus on it and then touching your eyes, nose or mouth, so cleaning your hands often is also important. Take these steps to protect yourself.

Click picture to view full article

