



The Yukon-Kuskokwim Fitness Center Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

January 22, 2021

Important Links

[YKFC](#)

[City of Bethel](#)

[KYUK—Bethel, AK Local News](#)

[Yukon-Kuskokwim Health Corporation](#)

[State of Alaska Covid-19](#)

[CDC](#)

Facility Updates

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](#)

No Time? No Problem.

In a perfect world we would all have an hour everyday to dedicate to working out. But let's be real, that isn't the case for the most of us. Between work, virtual school, and endless piles of dishes it can feel like there's no time left for exercise. Taking care of yourself has never been more important than it is now. Keeping yourself healthy is a major defense against the serious effects of covid-19.

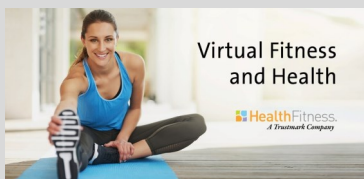
The CDC recommends at least 30 minutes of activity a day to maintain a healthy lifestyle. 30 minutes of exercise is great but there's nothing wrong with shorter workouts that fit into your busy schedule! 10 minutes of movement before you start your day can have a big impact on your health. Studies also show that small midday workouts can help improve your focus. Try small workouts throughout the day to help reach your fitness goals.

Check out our favorite *short* [home workout suggestions](#).

Virtual Fitness

Health Fitness is bringing live workouts right to your living room.

All YKFC members have access to nation wide instructors and a variety of classes each week. The weekly schedule is on our [website](#). Workouts are shared in the Health Fitness Virtual Fitness and Health Facebook group.



Facility

We're getting a lot of questions about our re-opening plans and requirements. We appreciate how eager everyone is to get back into the facility! Our highest priority is the safety of our community so at this time we will remain closed. We will continue communicating with the City of Bethel and YKHC about covid-19 conditions in Bethel. When it's safe we will happily welcome you back.

YKFC Survey

Make sure to take and share the YKFC survey. This is your opportunity to have input on the future of YKFC. What classes would you like to take? What equipment do you wish we had? This is your chance to share that information with us.

[Take the Survey Now](#)