

Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

March 2021

Important Links

- [YKFC](#)
- [State of Alaska Covid-19](#)
- [City of Bethel](#)
- [CDC](#)
- [KYUK—Bethel, AK Local News](#)
- [Yukon-Kuskokwim Health Corporation](#)

Facility Updates

Monday-Friday: 5:30am-9:00pm, Saturday 10am-9pm, Sunday: Closed

Detailed facility hours below. Please check our website for a complete schedule.

Memberships are on hold and will be reactivated as guests return to the facility.

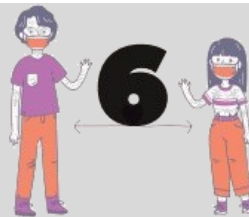
Keeping Up With YKFC

Stay up to date by following us on [Facebook](#)

Opening— Covid-19 Vaccinated Guests

Thanks to our lower infection rates and growing vaccination rates we're VERY excited to announce that YKFC will be opening for *fully* vaccinated adults age 16+ on Monday, March 1! At this time YKFC will be available for exercise only. Recreational and play swimming will not be allowed in the pool and the spa will be limited to 10 minutes per guest. Fitness classes will be available on a case by case basis with limited capacity. Designated face masks and social distancing are required at all times except when swimming and in the shower stalls. We will continue to adapt our policies as recommendations and information is available to us.

We want to thank everyone in advance for cooperating with our current regulations. We're excited to see you again!



March 2021 Facility Hours

Fitness areas: Monday– Friday

- 5:30am-9:00am: Open
- 9am-10am: Closed for Cleaning
- 10am-2:30pm: Open
- 2:30pm-3:30pm: Closed for Cleaning
- 3:30pm-9pm: Open

Fitness areas: Saturday

- 10am-2:30pm: Open
- 2:30pm-3:30pm: Closed for Cleaning
- 3:30pm-9pm: Open

Pool area Monday-Friday

- 5:30am-10am: Open
- 10am-2:30pm: Closed
- 2:30pm-8:30pm: Open

Pool area: Saturday

- 10am-8:30pm: Open

March is Nutrition Month

This month we're joining Health and Nutrition professionals around the country in focusing on nutrition. Nutrition is a big topic when we talk about weight loss, but having a balanced and nutritious diet is also an important part of managing your risk factors for a number of health concerns. Last month we talked a lot about how salt affects your heart and the heart health benefits of monitoring your salt intake. We're going to build on those same principles this month and focus on sugar, picking healthy recipes, and decoding labels and ads at the grocery store. As we explore different nutrition habits keep in mind that a healthy diet isn't about being perfect and avoiding all fats, sugars, and carbs. It's about finding a balance that works for your body, your family, and your lifestyle.



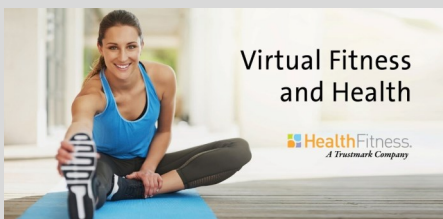
Nutrition Mini Challenges

Completely changing your diet overnight isn't easy and the changes you make likely won't be permanent. That's why we're offering weekly mini challenges all month. Each week will have a different focus and set of tasks to help you identify what you are doing well and what areas could use some improvement. March 1-7th we're focusing on incorporating more fruits and vegetables into our diets. Try making at least one of your meals half fruits/vegetables (or more if you really love fruits and veggies!) everyday. Need some inspiration? We're sharing fruit and vegetable forward meals on our website. We know staying within your grocery budget is important so using canned or frozen ingredients is completely fine.

Sugar

We hear all the time that sugar is bad for us and we should limit our sugar intake. But, do we really know why sugar is bad for us or what foods are hiding sugar? We'll be exploring how sugar can impact things like your weight, skin, and heart and the common (and not so commonly known) foods that are high in sugar. Since health is about balance we'll also be exploring good sources of sugar and healthy alternatives to your favorite sugar packed meals.

Virtual Fitness and Health



Keep up with your home workouts with virtual fitness classes continuing into 2021.

[Find Classes Here](#)

Yukon-Kuskokwim Fitness Center

www.ykfitness.org

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