



The Yukon-Kuskokwim Fitness Center Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

March 5, 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

Please check our [website](#) for a complete facility schedule and operating procedures.

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

Certifications & Trainings

Lifeguard training: Sundays March 14-28, 1pm-8pm.
For more information visit: <http://www.ykfitness.org/certifications>

Nutrition Myths

There are so many nutrition and health opinions coming at us everyday it's really difficult to separate the fact from the fiction. Something that keeps your best friend healthy might not be healthy for you so deciphering the myths and figuring out what *your healthy* looks like is so important. Some of the biggest myths are about the quality of food. Labels like organic, natural, and free range make us feel good about our choices. But a lot of those definitions aren't regulated so those labels can be really misleading. The best way to avoid getting tricked by an advertisement is to read the nutrition label carefully.

Another big myth is extreme diets. We've all seen fad diets come and go, and while a lot of them can help you lose weight they aren't always healthy and are usually not sustainable for a lifetime. Don't get tricked into a fad diet that you won't be able to sustain when the week is over. For more myths and grocery store tricks visit: <http://www.ykfitness.org/nutrition-month>

First Week Open!

After several months closed we were fortunate to open our doors again on Monday, March 1! We happily welcomed fully vaccinated patrons to both the fitness area and the pool.

Fitness Classes began again on Wednesday, March 3. Currently, we will continue operating with a modified schedule.

Thank you for your continued support of YKFC.

Mini Challenges

Week 1 we challenged you to eat more fruits and vegetables. [Week 2](#) we'll be challenging you to try new foods. This week make two meals you've never made before. Our bodies need a variety of nutrients and by eating a variety of foods we are naturally taking in more diverse nutrients. Want to take it a step further? Try using a new ingredient in one of the new dishes.

Ready to Quit Smoking?

YKHC is ready to help. YKHC offers replacement therapies and quitting resources, including a QuitLine. To schedule an appointment or ask about tobacco free resources call YKHC Community Health & Wellness at (907) 543-6312 or visit [YKHC Community Health & Wellness](#).