



The Yukon-Kuskokwim Fitness Center Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

March 12, 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 21-April 4,
1pm-8pm. For more information visit: [http://
www.ykfitness.org/certifications](http://www.ykfitness.org/certifications)

ADDED SUGARS

Added sugars are any sugars that are added to food during processing and are not naturally occurring. Added sugars will add plenty of sweetness to food but they add zero nutrients and won't help fuel your body long term. All those extra calories can lead to weight gain which can put you at risk for other serious health concerns like heart disease and diabetes. The danger of added sugar is that it can be really difficult to identify what foods are too high in added sugars. Things like sodas, juices, and condiments are all really high in added sugars and low in nutrients. One 16oz soda can contain more than the recommended daily added sugar intake for an entire day. Sugars aren't just bad for us, they are habit forming. If a daily soda is part of your routine, breaking that habit won't be easy. Instead of just cutting out a sugary beverage try adding something new to your diet, like water with lemon. This one change could greatly reduce your risk for serious health complications.

Covid-19 Vaccine

There are understandably a lot of questions about the covid-19 vaccine. We encourage everyone to visit the [YKHC](#) and [CDC](#) websites and review the vaccine facts. These are very unique times we're living in and there's a lot of misinformation out there. If you have more questions regarding the covid-19 vaccine reach out to your medical provider.

Nutrition Challenge: Tracking Added Sugars

This week we're [challenging](#) you to track your added sugars. It's easy to not realize how much added sugar you're consuming throughout the day. Use our [sugar tracker](#) (or make your own) to help identify how much added sugar you're taking in each day.

Ready to Quit Smoking?

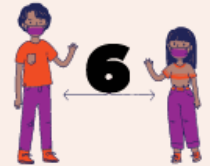
YKHC is ready to help. YKHC offers replacement therapies and quitting resources, including a QuitLine. To schedule an appointment or ask about tobacco free resources call YKHC Community Health & Wellness at (907) 543-6312 or visit [YKHC Community Health & Wellness](#).



MARCH 2021 Facility Hours

*PROOF OF VACCINATION
REQUIRED

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



Fitness Areas: Monday- Friday

5:30AM-9AM:
OPEN

9AM-10AM:
CLOSED FOR
CLEANING

10AM-3:30PM:
OPEN

3:30PM-4PM:
CLOSED FOR
CLEANING

4PM-9PM: OPEN

Fitness Areas: Saturday

10AM-3:30PM:
OPEN

3:30PM-4PM:
CLOSED FOR
CLEANING

4PM-9PM: OPEN

Pool Area: Monday- Friday

5:30AM-10AM
OPEN

10AM-3:30PM:
CLOSED

3:30PM-8:30PM:
OPEN

3/05/21 UPDATE

Pool Area: Saturday

10AM-8:30PM:
OPEN

