



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

March 19, 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.

Group Fitness

Group Fitness classes are back! Space is limited, masks and social distancing are required. For more information visit: <http://www.ykfitness.org/group-fitness>

Nutrition Facts

Advertisements and packaging at the grocery store can be misleading but the nutrition facts are based on facts and are a great way to evaluate a food or beverage. These show the recommended serving size, calories, nutrient content, and percent daily value. The serving size and percent daily value are the easiest, and quickest, ways to evaluate how healthy something is. The serving size is the recommended amount of that item you should be consuming. Pay close attention to this because often serving sizes can be larger or smaller than then we expect them to be. The percent daily value represents how much of your recommended daily nutrient intake one serving of this item contains. Typically a percent daily value around 5% is low and around 20% would be considered high. You'll want to compare the serving size to the percent daily value to decide if a food item is a healthy choice for you.

For more information: [YKFC](#) or [FDA](#)

Low Sugar Snacks

Afternoon snacks are BIG sugar culprits. It's late in the day, we're busy and need something quick to get us through those last few hours. What do we grab? Pre-packaged, high sugar snacks. Say goodbye to afternoon sugar bombs with homemade snacks like [roasted chickpeas or plain Greek yogurt with fruit](#). This seemingly small change will have a BIG impact on your daily sugar intake...and your health!

Nutrition Challenge: Healthier Alternatives

[This week try replacing at least one meal that is high in sugar or salt with a healthier alternative.](#) By starting small with one meal and building on that every week you'll be able to create lasting healthy eating habits. Try replacing items like soda with bubbly water or potato chips with carrot sticks.

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](#).