

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



November 21, 2020

COVID-19 Links

- City of Bethel Website: <https://www.cityofbethel.org/>
- KYUK Local News: <https://www.kyuk.org/>
- Yukon-Kuskokwim Health Corporation <https://www.ykhc.org/covid-19/>
- State of Alaska COVID-19 Website: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>
- Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

In support of efforts to reduce the spread of CoVID-19 in the YK Delta, the fitness center will remain closed until further notice.

All memberships have been placed on hold. Class participants will be contacted regarding rescheduling or cancelation of classes.

Let's all work together to be healthy so we can open again. We look forward to seeing you soon.

Visit ykfitness.org, find us on Facebook, or email us at ykfc@cityofbethel.net for news, inspiration and more.

Health & Wellness Links

YK Fitness Center: <http://www.ykfitness.org/>



Well-Being Alaska

The Division of Behavioral Health offers its Well-Being Alaska resources to provide Alaskans with tools to build resiliency for those affected by stress during these uncertain times.

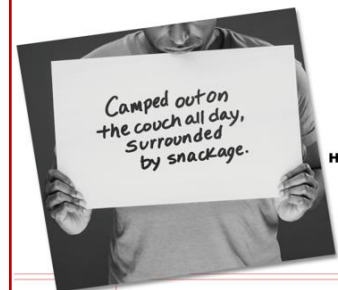
Well-being is having good mental health, life satisfaction, a sense of meaning or purpose, and the ability to manage stress. Well-Being Alaska offers healthy ways to cope, encourage self-care, and reduce stress. Here are well-being steps you can choose to use today:



playeveryday.alaska.gov



MAINTAIN DON'T GAIN



HOLIDAYS HAPPEN.
Weight gain during the holidays doesn't have to.

Enjoy the holidays while maintaining your fitness levels and keeping the extra pounds away.

YK Fitness's Maintain Don't Gain is a fun, educational, and motivational program to help you maintain your fitness levels and avoid gaining weight over the holiday season.

Throughout the program we will share activity ideas, holiday recipes, and healthy snack ideas to help you maintain your health.

During these COVID-19 times it is especially important that we maintain or even increase activity levels and eat nutritious meals to keep ourselves healthy. Maintain, Don't Gain is about keeping our community healthy, active and strong during the holidays and we welcome everyone to join us!

Complete your [Maintain, Don't Gain registration](#) today!

Swap special dishes.



Healthy Thanksgiving!



Take your gathering virtual.



Record Family history

Take steps this Thanksgiving to keep your family and friends safe.

Get up and DANCE!

YK Fitness is hosting a household dance competition!

1. Join our Facebook Group [YKFC COVID-19 Dance Competition](#)
2. Grab the members of your household.
3. Pick your favorite song. (family friendly, with clean lyrics please)
4. Create a family friendly dance routine.
5. Post a video of your dance to the FB group by December 19th.
6. Challenge other households to post their videos!



Voting for the Best Household Video will begin December 21st and close December 26th. Winners will be announced December 28th.

Videos must be family friendly and may not contain inappropriate language.

