

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



**Facility Hours**  
 Mon-Fri 5:30am-9pm  
 Sat & Sun: 2pm-9pm

September 21<sup>st</sup>, 2020

## Important Links

- YK Fitness Center Website:  
<http://www.ykfitness.org/>  
<http://www.ykfitness.org/covid19>
- City of Bethel Website:  
<https://www.cityofbethel.org/>
- Bethel, AK 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>
- CDC Website:  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## 3Ts with Warren Starts this week

Register today [ykfitness.org/instructional](http://ykfitness.org/instructional) or call 543-0390.

Develop balance, coordination, and flow to improve performance in a variety of sports, develop skills for self-defense, make daily living tasks easier, and increase overall wellbeing.

Masks and Social Distancing required.

**Youth: Age 7-15,**

**Tuesdays, 4:30-5:30pm September 22<sup>nd</sup> – October 27<sup>th</sup>**

**Saturdays, 4:30-5:30pm September 26<sup>th</sup> – October 31<sup>st</sup>**

**Adult: Age 16+,**

**Thursdays 5:30-6:30pm September 24<sup>th</sup> – October 29<sup>th</sup>**

**Saturdays 5:30-6:30pm September 26<sup>th</sup> – October 31<sup>st</sup>**

Participants may register for one class or both but may only attend the day registered for.

**IMMUNITY IS YOUR BEST GUARD**

- EAT PLENTY OF FRESH FRUITS, VEGETABLES & WHOLE GRAINS
- LIMIT JUNK FOOD IN THE HOUSEHOLD
- EXERCISE REGULARLY
- AVOID STRESSFUL SITUATIONS, SLEEP WELL

### Kikmiññaq : Lowbush Cranberries

Feast Freely on Organic Berries from the Tundra!

**FOOD IS MEDICINE**

Get the facts to make healthy choices for your family.

Kikmiññaq are tart and sweet. They grow almost everywhere. Eating berries from the tundra, such as kikmiññaq, may help protect you and your family from cancer, heart disease and diabetes.

**3 Great Reasons to Gather & Eat Lowbush Cranberries**

1. **Improve cardiac function and lower your blood pressure.** Kikmiññaq are rich in antioxidants, which play an important role in reducing plaque in your arteries and blood vessels.
2. **Boost your immune system.** Kikmiññaq is an excellent source of vitamin C.
3. **Save money and protect the environment.** Kikmiññaq is free and local. The less your food travels, the better for the environment.

**Nutrition Facts**  
 Lowbush Cranberry: Kikmiññaq  
 Servings: 1/2 cup  
 Amount per 1/2 cup  
**Calories 41**

% Daily Value*	
20%	Total Fat 1g
40%	Saturated Fat 1g
40%	Trans Fat 0g
60%	Cholesterol 0mg
40%	Sodium 0mg
20%	Total Carbs 1g
40%	Dietary Fiber 1g
0%	Sugars 0g
60%	Protein 1g
20%	Vitamin C 10mg
20%	Calcium 10mg
20%	Iron 10mg
20%	Potassium 10mg
20%	Vitamin A 10mg

**Cranberries are so powerhouse! They have more antioxidants than almost any other berry or fruit!**

### Curaq: Blueberries

Feast Freely on Organic Fruit from the Tundra!

**FOOD IS MEDICINE**

Get the facts to make healthy choices for your family.

Wild Alaskan blueberries are a free, organic SUPERFOOD. They are higher in antioxidants than blueberries from the store. Eating fruits that are high in antioxidants may help protect your body from aging, cancers, and heart disease.

**Blueberries are good for your brain!**

**374 Calories vs. 481 Calories**

**Nutrition Facts**  
 Blueberries: Curaq  
 Servings: 1 cup  
 Amount per 1 cup  
**Calories 90**

% Daily Value*	
20%	Total Fat 1g
40%	Saturated Fat 1g
40%	Trans Fat 0g
60%	Cholesterol 0mg
40%	Sodium 0mg
20%	Total Carbs 1g
40%	Dietary Fiber 1g
0%	Sugars 0g
60%	Protein 1g
20%	Vitamin C 10mg
20%	Calcium 10mg
20%	Iron 10mg
20%	Potassium 10mg
20%	Vitamin A 10mg

Goal is to reach 100% of these nutrients daily.

## Club Interest Survey

Parents, we know many of you may be struggling to balance work hours with your children's needs and we wanted to reach out to see if there is interest in participation in club programs here at the Fitness Center. Any programs we offer will comply with COVID-19 safety protocols and procedures to assure safety of staff and participants. We appreciate your feedback on our [club interest survey](#) to help us get a sense of your needs and interests.



## Alaska wild berries have extraordinarily high antioxidant levels and are a great source of nutrients!

### Naunrat: Salmonberries

Feast Freely on Sweet Organic Berries from the Tundra!

**FOOD IS MEDICINE**

Get the facts to make healthy choices for your family.

Eating fruit from the tundra, such as naunrat, may help protect you and your family from cancer, heart disease and diabetes.

**Organic Salmonberries vs. Canned Fruit Cocktail**

**Nutrition Facts**  
 Salmonberries: Naunrat  
 Servings: 1 cup  
 Amount per 1 cup  
**Calories 68**

% Daily Value*	
20%	Total Fat 1g
40%	Saturated Fat 1g
40%	Trans Fat 0g
60%	Cholesterol 0mg
40%	Sodium 0mg
20%	Total Carbs 1g
40%	Dietary Fiber 1g
0%	Sugars 0g
60%	Protein 1g
20%	Vitamin C 10mg
20%	Calcium 10mg
20%	Iron 10mg
20%	Potassium 10mg
20%	Vitamin A 10mg

Cost: \$5.99

**Become a Certified Lifeguard!**

Lifeguard training will be offered in October. (Dates TBA).

Start training now! Visit <http://www.ykfitness.org/certifications> for details.

