

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

September 7th, 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>

Instructional Classes Start Sept 13th

3Ts with Warren

In this class Warren will work with students to help them develop balance, coordination, and flow through a combination of movements from various martial art forms including JUDO, Tai Chi, and Jeet Kudo. Mastery of the movements in this course will improve performance in a variety of sports, develop skills for self-defense, make daily living tasks easier, and increase overall wellbeing. This program has been adapted for social distancing, there will be no participant to participant or instructor to participant contact. Participants and Instructor will wear masks.

Fall 1 Session:

September 13th – October 31st.

Youth Class: Age 7-15, 4:30-5:30pm Tuesdays or Saturdays

Adult Class: Age 16+, 5:30-6:30pm Thursdays or Saturdays

Register today

ykfitness.org/instructional

or call 543-0390.

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



September 7th
Open 2-9pm



We hope everyone has seen the new city ordinances. If not click the picture to view. Our procedures here at the fitness center remain the same.

Everyone Age 2+ must wear a face mask for all activities except showering and swimming. Please wear your mask in locker rooms and on pool deck.

If you travel outside the Delta, or to any of the YK Delta villages with active COVID-19 cases **please do not visit the fitness center until after completing testing.** Remember to self-isolate while waiting for test results and if you experience any symptoms call the YKHC COVID-19 hotline at 543-6949.

CITY COUNCIL ADOPTS
EMERGENCY
ORDINANCES

MANDATORY TESTING
AT THE AIRPORT

Effective September 2nd at 8:00 p.m.

&

MASKING
REQUIREMENTS

Effective August 31

Staying active can help prevent and control chronic conditions.
Visit ykfitness.org to see how we can help.

Hospitalizations were **6 times higher**
and deaths **12 times higher** for COVID-19 patients
with reported underlying conditions*

MOST FREQUENTLY REPORTED UNDERLYING CONDITIONS

CARDIOVASCULAR
DISEASE



DIABETES



CHRONIC LUNG
DISEASE



CDC.GOV

bit.ly/MMWR61520

MMWR

*compared to those with no reported underlying health conditions

Stay active for you and for your family.
About 1 out of 3 Alaska children is overweight or obese which increases their chances of developing chronic diseases.

Visit ykfitness.org for ideas.



Exercise & COVID-19

