

# PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

**FRIDAY, APRIL 10**

Join us for new Easter celebration ideas and the final installment of the 3-part *Get Fit at Home* workout series by Ramona Park and Jordon Franklin from the Bremerton Fitness Center.

## TODAY'S WORKOUT

Today's *Get Fit at Home* workout is a circuit training routine to help you end the week right while keeping you focused on your fitness goals.

### **Circuit 1: 3-5 Rounds w/ 30-60 seconds between rounds**

- A: Bridged Pull Over (15 Reps)
- B: Lying Towel Lat Pull Down (15 Reps)
- C: Single Arm Clean to Press (10 Reps Per Arm)
  - Regression 1: Squat to Press (10 Reps Per Side)
  - Regression 2: Bodyweight Squat (15 Reps)

**Take a 15-20-minute run or walk.**

**Daily Cool down: stretch, hydrate and refuel.**

Watch the video demonstration at <https://www.youtube.com/user/Navylifepnw>.

Contributed by Ramona Park and Jordon Franklin, NBK Fitness Center

## FAMILY FUN

Easter is this Sunday. Instead of the usual traditions of the community egg hunt and Easter dinner with family and friends, why not make an Easter basket to share? The idea is similar to secret Santa. Each family member will draw a name of a family member and then they will make an Easter basket for that person. Be creative with what you have around the house to make a basket. Decorate beach pails, a shoebox, a basket made from construction paper or heavy paper, for the guys – make a basket out of duct tape! If you need inspiration, just search the Internet for Easter basket ideas.

Another new family tradition is to surprise a friend or loved one who lives nearby with a homemade Easter basket filled with anything from Easter eggs and jelly beans, fresh cut flowers to cleaning supplies. Instead of bringing it to them, leave it on their doorstep with a note to say you care. A little homemade cheer will go a long way nowadays.

Source: Dan Coon, Marketing Specialist, Naval Station Everett

# PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

## WHAT'S COOKING?

Celebrating Good Friday? Cajun Shrimp with Fettuccini is a flavorful pescatarian dish you can make with ingredients from your garden and cupboard.

### Directions:

- Dice a small onion, mince 2 garlic cloves and slice 1 medium zucchini. Set aside.
- Begin cooking 12 oz. of fettuccine pasta according to package directions. Drain and set aside.
- While the pasta is cooking, add 12 oz. of uncooked, shelled shrimp to a bowl along with 1 tbsp. of Cajun seasoning. Toss gently to evenly coat the shrimp.
- In a large skillet, heat 1 tbsp. of olive oil over medium-high heat. Add the shrimp and cook on both sides until pink. Remove the shrimp and set aside.
- Heat 2 tbsp. of olive oil in the skillet over medium heat. Add the onion, garlic and zucchini. Cook for about 5 minutes, stirring occasionally.
- Using a blender, pulse 1- 15 oz. can of tomatoes until smooth and then add them to the skillet. Bring to a boil and then turn down the heat to simmer for about 15 minutes.
- Pour  $\frac{3}{4}$  cup of evaporated milk into skillet and stir gently. Add 3 oz. of freshly grated Parmesan cheese and cook for about 5 more minutes.
- Add the cooked pasta and shrimp to the skillet and toss until everything is mixed together.
- Serve and top with fresh basil.

Source: DeCA Commissary Recipes

### Ingredients:

- 1 small onion (diced)
- 2 garlic cloves (minced)
- 1 medium zucchini
- 12 oz. fettuccine pasta
- Shelled shrimp
- 1 tbsp. Cajun seasoning
- 3 tbsp. olive oil
- 15 oz. can of diced tomatoes
- $\frac{3}{4}$  cup evaporated milk
- 3 oz. grated Parmesan cheese
- Fresh basil (optional)

## TAKING CARE OF YOU

FOCUS (Families Over Coming Under Stress) is a DoD resilience-building program designed for military families, couples and children that can help manage the challenges of military life.

Check out their on-demand webinar for tips on dealing with the uncertainty of COVID-19.

Webinar [Leading the Way Parenting in the Face of the Unexpected and Unknown: Responding to COVID-19.](#)

Source: Focusproject.org

Follow Us on Facebook for your daily FFR Plan of the Day! [@EverettFFR](#) [@KitsapFFR](#) [@WhidbeyFFR](#)

Third-party resources provided for informational purposes only. No federal endorsement implied.