

PLAN of the DAY



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

WEDNESDAY, APRIL 8

Join us for Day 2 of the *Get Fit* video workout series by Ramona Park and Jordon Franklin from the Bremerton Fitness Center. They are here to help you stay healthy and fit at home.

Today's featured recipe is matzo ball soup to mark the first day of Passover, a major Jewish holiday.

TODAY'S WORKOUT

Today's *Get Fit* video workout is a circuit training routine that will get your day started right, while enhancing your fitness and endurance.

Circuit 1: 3-5 Rounds w/ 30-60 Seconds Between Rounds

- A: Seated Shoulder Press (15 Reps Per Arm)
- B: Single Leg Deadlift (15 Reps Per Leg)
- C: Modified V-Up (10-15 Reps)

Circuit 2: 3-5 Rounds w/ 30-60 Seconds Between Rounds

- A: Bridged Floor Press (15 Reps Per Arm)
- B: Glute Bridge Sliders (8-12 Reps)
Regression 1: Glute Bridge March (8-10 Reps per Side)
Regression 2: Glute Bridge Hold (20 Seconds)
- C: Bear Crawl Hold (20 Seconds)
- D: Lateral Lunges (8-12 Reps Per Leg)

Get ready to *Get Fit* and watch the video at <https://www.youtube.com/user/Navylifepnw>.

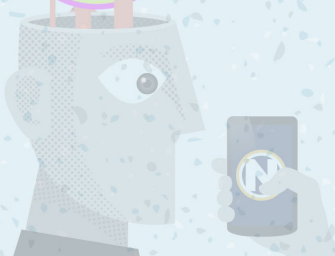
Contributed by Ramona Park and Jordon Franklin, NBK Fitness Center

FAMILY FUN

Giant Panda watch! Get your daily dose of cuteness as you check in throughout the day on Atlanta Zoo's Panda Cam to see what their Giant Pandas, Ya Lun and Xi Lun, are up to.

Atlanta Zoo Panda Cam: <https://zooatlanta.org/panda-cam>.

Source: Atlanta Zoo



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WHAT'S COOKING?

Making traditional dishes is a must at any Passover celebration. Today's recipe is for matzo ball soup. This comfort food is perfect for a Passover meal or any night of the week.

DIRECTIONS:

In a large bowl combine eggs, schmaltz, and seltzer. Stir in matzo meal, salt, and pepper. Cover and refrigerate until well chilled, at least 2 hours.

Bring a large pot of salted water to a boil. Using wet hands, shape matzo mixture into 6 large balls. Drop matzo balls in boiling water, cover and reduce heat to a simmer. Let simmer until cooked through, 30 to 35 minutes.

Meanwhile, warm chicken broth in a large pot with carrots. Season with salt, if necessary.

When matzo balls are finished remove from water with a slotted spoon and place into serving bowls. Ladle warmed chicken broth over and serve with dill.

Source: Delish.com

INGREDIENTS:

3 large eggs, beaten
1/4 cup schmaltz or shortening
1/4 cup seltzer
3/4 cup matzo meal
Kosher salt
Freshly ground black pepper
8 cups low-sodium chicken broth
2 large carrots, cut into rounds
Freshly chopped dill, for garnish

PERSONAL ENRICHMENT

Tired of binge-watching reruns of The Office or Law and Order and need to do something different. Try learning a new language. Check out Mango Languages: Learn more than 70 languages through interactive lessons, including ESL. Every self-paced language course introduces you to cultural insights and grammatical nuances specific to the language you're learning. To find out more about Mango Languages, go to NavyMWRDigitalLibrary.org.

Mango Languages is one of many free services provided by the Navy MWR Digital Library. To get started, login with CAC or register for a DS Logon account.

Source: Navy MWR Library Program

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