



## Resources

**FAMILY FUN** – courtesy Rachel Cornette, NBK-Bangor Community Rec.  
Celebrate National Superhero day with a superhero themed boot camp obstacle course. Involve the kids in course planning for maximum fun!

**Fun indoor course ideas include:**

- Smash through a “wall” of stacked pillows or boxes
- Create a hallway laser maze with tape or crepe paper to practice agility skills.
- Climb through a tunnel of cushions
- Limbo under a broom or mop handle

**If the weather permits, head outside! :**

- Hop through hula hoops
- Shoot a rocket through a hoop or a target.
- Weave in and out of cones
- Spin around on a baseball bat, trying not to get dizzy
- Dribble a ball without losing control for 10 bounces

**WHAT’S COOKING?** – courtesy Matt Garvin, NBK-Bremerton Community Rec.

Preheat oven to 425. Cut Jalapenos in half, length-wise, and use a spoon under a running faucet to gut, clean, and prep jalapeno halves. *Avoid touching eyes, mouth or open wounds.* Fill prepped peppers with cream cheese and use full piece of bacon to wrap. Bake for 20 minutes. Switch oven to Broil Low (7-10 minutes). Remove and sprinkle with cheddar and Parmesan cheeses. Turn off heat but allow to sit in the oven as cheese melts. Remove from oven and serve with additional cheese, if desired.

**Ingredients:**

Jalapenos  
(Extra long is best)  
Cream Cheese  
Bacon  
Shredded Cheddar Cheese  
Parmesan Cheese

## Resources (continued)

**TODAY'S WORKOUT** – courtesy Priscilla Irving, NBK-Bangor Fitness

Grab your weights, water jugs, baby, etc. ... anything that you can lift safely. Try lifting 3-5 lbs. more than your comfortable weight. Do each set for 10 minutes and each exercise 8 times - aim for at least 3-4 sets.

**Set #1 Cardio:**

- a. Jumping jack
- b. Burpee
- c. Boxer shuffle w/ front jab
- d. Mountain climber

**Set #2 Arms:**

- a. bicep curl
- b. over head press
- c. bent over row
- d. pushup

**Set #3 Legs/glutes:**


- a. walking lunges
- b. squats
- c. hip raise
- d. single leg dead lift

**Set #4 Abs:**

- a. Sit up
- b. Russian twist
- c. bicycle
- d. leg raise

**SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH**

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