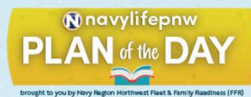
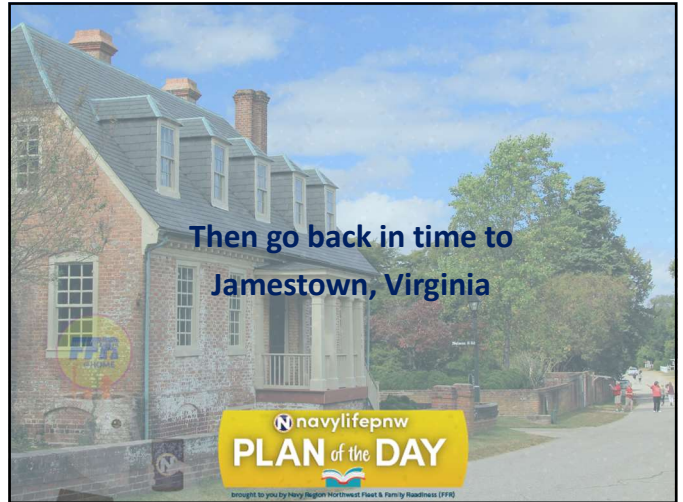


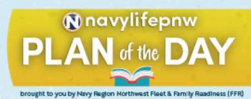
Find tips for telework with our
Fleet & Family Support podcast.



Then go back in time to
Jamestown, Virginia



Download at:
navylifepnw.com/plan-of-the-day



Resources

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

Equipment and Instructions: Deck of cards and timer. Shuffle cards and place them face down. Draw one card at a time and execute the corresponding exercise. Draw 15 cards for a complete workout.

Cardio/45 seconds: J – Burpees | Q – Jumping Jacks | K – High Knees | A – Mountain Climber

Strength Reps:

- ♠ – 15
- ♥ – 20
- ♣ – 25
- ♦ – 30

Exercise:

- 2 – Squat (Front or Sumo)
- 3 – Elbow plank with leg lift
- 4 – Box Jumps/Step Ups
- 5 – Push up (basic, wide/narrow stance, staggered or inclined)
- 6 – Crunches
- 7 – Alternating Reverse Lunge
- 8 – Ankle taps
- 9 – Surrender
- 10 – Reverse Crunch

WHAT'S COOKING? – courtesy Nhu Mai Le, Visual Information Specialist, Navy Region Northwest
View Kids' Grilled Ham and Cheese video demonstration on [youtube.com/user/navylifepnw](https://www.youtube.com/user/navylifepnw).

FEATURED FLEET AND FAMILY SUPPORT PODCAST

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FAMILY FUN

Historic Jamestown is home to the remains of the first permanent English settlement in North America. Take a virtual tour and see the historic site online at historyisfun.org/at-home.