



Resources

WHAT'S COOKING

Today, it's a Food Sculpture Contest by Matt Gavin, NBK

Get creative with what's in your pantry and refrigerator and let's see what type of food art or a food sculpture you and your family can make. Each day this week, we will have a different food sculpture to inspire you to participate in the Food Sculpture Contest. We're starting the week off with a scary face from the folks at NBK's LIBERTY Center.

To participate in the Create a Food Sculpture contest, take a photo of your food art or sculpture and email it to Matt at nbk.commrec@navylifepnw.com.

Matt will pick out his favorites and we will post them on our Facebook page for all to appreciate.

Resources (continued)

TODAY'S WORKOUT

Start your day with this great core body workout from Dani Morris at NBK-Bangor Fitness Center. These are simple exercises to do, and no equipment is needed!

Complete 3-5 rounds:

- Pikes (15 reps)
- Side Push-Ups (10 reps each side)
- Knee Tucks (15 reps)
- Sit-Ups (10-15 reps)
- Superman Complex (15 reps)

Resources (continued)

FAMILY FUN

THE HARLEM GLOBETROTTERS AT HOME - MUSIC

The world-famous Harlem Globetrotters will have you whistling, dancing, and even dribbling and shooting basketballs to their theme song, Sweet Georgia Brown.

Watch the Harlem Globetrotters show off their basketball skills to different versions of their theme song and other music.

The Harlem Globetrotters at Home video is brought to you by MWR and the Navy Exchange. Watch on YouTube at <https://youtu.be/hKYC4PMjDLs>.

FLEET AND FAMILY SUPPORT RECOMMENDED PODCAST

Time Management

This new Time Management podcast will give you some strategies on how best to find those extra hours in your day. The podcast is available on our website at navylifepnw.com/podcasts.