

# NAVY FAMILY PLAN of the DAY



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

## FRIDAY, APRIL 3

FFR is here to help you stay home, stay safe and stay sane! Here are some ideas to get you through the weekend. We're all in this together. Send us some love or let us know how we can improve by commenting on Facebook ([@EverettFFR](#); [@KitsapFFR](#); [@WhidbeyFFR](#)) or via e-mail: [info@navylifepnw.com](mailto:info@navylifepnw.com).

### TODAY'S WORKOUT

**Fully body crunches** – 30 seconds

**Running planks** – 30 seconds

**Squats with chest opener** – 20

**Bicycles** – 15

**Reverse crunches** - 15

**Plank hold** – 30 seconds

**Side plank hold (left & right)** – 30 seconds

**Butt-kicks** – 30 seconds

**Burpees** – 10

Contributed by Alicia Armer, NASWI Fitness Center

### WHAT'S COOKING?

#### No Sports? No Problem with Air Fryer Wings

There's no live sports on TV right now but you can still chow down like it's Super Sunday with these killer air fryer wings – a 24-count for less than \$10!

**Directions:** Cut wing in half between the drum and flat. Apply salt and pepper on both sides of the chicken wing. Evenly lay out chicken wings into the air fryer basket. Cook wings at 400 degrees for 20 mins – 24 minutes for extra crunchy – flipping halfway through cook time. When finished, cool for 2 minutes.

Apply sauce: Melt butter and mix with favorite hot sauce. Coat wings evenly and serve with blue cheese or ranch for dipping.

Optional sauce flavors: Mix garlic powder and melted butter for a butter garlic sauce. Mix honey mustard, hot sauce and melted butter for a delicious sweet-hot flavored wing.

#### Ingredients:

Chicken Wings  
Salt, Pepper

#### Ingredients for Sauces:

Hot Sauce  
Butter  
Honey Mustard  
Garlic Powder

Contributed by Matthew  
Garvin, NBK-Bremerton  
Community Recreation



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## FAMILY FUN

### Visit the San Diego Zoo Live Cam

Escape to the San Diego Zoo without leaving the house using imagination, creativity and these virtual tour live cams. The San Diego Zoo in Balboa Park, San Diego, California is world-renowned, housing more than 3,500 animals from more than 650 species and subspecies. Peak in on the penguins or see what the koalas are up to today. You can also view prerecorded video footage of Bai Jun and her son, Xiao Liwu, the Chinese pandas who returned home in 2019.

Enjoy the majesty at <https://zoo.sandiegozoo.org/live-cams>

Source: [sandiegozoo.org](https://sandiegozoo.org)

## FOR THE HONEY-DO LIST

### Home Improvement “How-tos”

The EBSCO Home Improvement Reference Center is available now through June 30 in the Navy MWR Digital Library. Through a collection of comprehensive full-text content, the EBSCO database provides users with detailed , but user-friendly information covering a variety of DIY home improvement and repair projects.

Get started by signing up through the [NavyMWRDigitalLibrary.org](https://NavyMWRDigitalLibrary.org) (requires CAC access or DS Login). Search “Home Improvement” in the A to Z Directory after signing in.

Contributed by Navy MWR Digital Library

## DID YOU KNOW?

### Gold Star Spouse Day | Sunday, April 5

Committed to providing continued assistance to families of service members who paid the ultimate sacrifice, the Navy honors its extended family on Gold Star Spouse Day this Sunday, April 5. As the weekend approaches, join us as we recognize spouses who have lost a loved one.

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