



Resources

TODAY'S WORKOUT – Launch your day with this great workout from Dani Morris at NBK-Bangor Fitness Center. No equipment needed! Take 15 seconds of rest between each exercise. View an instructional video on our [YouTube](#) channel.

Circuit 1: (repeat 3 to 5 times)

1. Jumping Lunges (40s)
 2. Bear Holds (45s)
 3. Squat Jacks (45s)
- *60s rest before starting Block 2

Circuit 2: (repeat 3 to 5 times)

1. Lateral Bounds (45s)
2. Push-Up Mountain Climbers (45s)
3. Crab Walk + Jump Squat (45s)
4. (Optional) Burnout: (1x)

Complete all 6 exercises again, 30s each, no rest in between. (3 min total)

Core: (repeat 3 times)

1. Plank Jacks + Reachouts (45s)
2. Flutter Kicks (30s)
3. Toe Touches (30s)
4. Plank Rotations (30s)

Resources (continued)

WHAT'S COOKING? – Send your everyday burger into the ionosphere with the onion straw recipe used at the All American Restaurant on NBK-Bremerton and NS Everett.

1. Separate onion slices. Pour milk over onions and allow to soak, about one hour.
2. In a separate bowl, mix together flour, paprika, onion powder, salt and pepper.
3. Heat oil in a deep pot to 375 degrees (If you don't have a thermometer-allow temp to rise and gently place test onion strip into the oil. It should sizzle if hot enough.)
4. Take a handful of the onions at a time, shake off the excess milk and dredge in the flour.
5. Shake off excess flour and add to oil, frying them for a couple minutes. Stir to ensure even doneness.
6. Remove fried onion straws from the oil and place them on a plate lined with paper towel.
7. Repeat with the rest of the onions and enjoy as a snack or on your favorite main dish.

Ingredients:

1 Large Yellow Onion, peeled and thinly sliced
 2 cups Whole Milk
 1-1/2 cups All Purpose Flour
 1 tsp of Paprika Pepper
 2 tsp of Onion Powder
 Salt and Pepper, to taste
 Vegetable Oil for frying

Resources (continued)

FAMILY FUN – Fully immerse yourself in the Curiosity Rover's mission to Mars with the help of Google. Best viewed from a mobile device, you can enjoy a completely 3D experience or use 360 technology to view your surroundings.

Source: accessmars.withgoogle.com

MYNAVY FAMILY APP – This is the first tool by the U.S. Navy developed for Sailors and their families that combines authoritative information from about two dozen websites into a single, convenient application. Recent updates include a Pandemic Resource section under Family Emergencies and includes Navy COVID-19 Blog Information to help families cope with the current pandemic crisis.

Download the app: applocker.navy.mil.

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