

PLAN of the DAY



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

WEDNESDAY, APRIL 15

Normally April 15 is supposed to be the deadline for filing your tax return, but now that it's been postponed until July, let's go bananas instead! Today is #BananaDay across the Internet. Kick off the morning with a Banana Berry Kale Smoothie and an at-home workout that will have you jumping for joy! Then let's go really bananas by riding a virtual rollercoaster!

SMOOTHIE TIME

Banana Berry Kale Smoothie

Directions:

Toss all the ingredients in a blender and enjoy! Add more or less ingredients based on your smoothie preference. Feel free to substitute your smoothie with different greens, milks, or berries; just don't leave out that banana!

Ingredients:

- 1 Banana
- 1 Cup Berries
- 1 Cup Ice
- 2 Cups of Kale
- 2 Cups Almond Milk

Source: Jenni James, NASWI FFR Marketing

TODAY'S FITNESS

Jumping is a great way to improve strength and power. Power workouts have been found to be one of the most effective ways to burn calories. Jumping can also improve coordination and athleticism. Additionally, it has been shown to improve bone density. On top of all of that, it can be done at home with little to no equipment.

Here are 2 ways to incorporate jumping into your workouts. 1. Impulse or Plyometric: Do 4-5 sets of 10-12 jumps as quickly as you can and rest for about 1 min between sets. This method not only leads to the above mentioned improvements, it improves your cardio as well. 2. Concentrated effort jumping: Do 5-7 sets of 10 jumps 5-7 seconds between jumps and 2 mins between sets. You should jump as high or as far as you can with each effort. This method leans more towards building strength and power.

Here are some jumping exercises you can do after a proper warmup: Lunge jumps Broad jumps Squat jumps Box jumps Explosive step-ups Tuck jumps Lateral box jumps Depth drop 1-leg box jumps 1-leg squat jumps 1-leg tuck jumps 1-leg broad jumps

Contributed by Sam Rucker, aka SupaAlienMuscleMan, Bangor Fitness

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A WILD VIRTUAL RIDE

Carowinds is a 407-acre amusement park, located along the North Carolina-South Carolina state line. Now you can ride their famous rollercoaster from the comfort of your home. Learn more about [Fury 325](#) by visiting their website!

Source: Navy FFR@Home

PERSONAL ENRICHMENT

Fleet & Family Support Center's ['Interviewing Tips & Skills' Audio Podcast](#) is always available to listen for FREE along with 17 other Support Podcasts to assist in any way. The Podcasts are short segments and easy to access.

2020 MILITARY SPOUSE SYMPOSIUM

Registration now open for the 2020 Virtual Military Spouse Symposium scheduled April 29-30. No matter where you are in your career, this two-day event can help you imagine where your career path can go and build a plan to achieve that vision. Join to take advantage of a powerful community and set of resources, all for free to military spouses. For more information about each session, to register for the symposium, and to choose your sessions, go to <https://myseco.militaryonesource.mil/portal/spousesymposium>.

Source: Military OneSource

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