

NAVY FAMILY PLAN of the DAY



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

TUESDAY, APRIL 21

Missed yesterday's **Plan of the Day**, or just want to stay up to date with the latest FFR news? Visit our website at navylifepnw.com/plan-of-the-day and select your installation to view previous **Plans of the Day**. During these challenging times, the importance of self-care cannot be underestimated. For helpful tips, listen to the **"Improving Emotional Health"** podcast with Michelle Dawson.

TODAY'S WORKOUT

Body Weight Workout

Working out at home can be very different than working out at the gym, but that doesn't mean you can't have a great workout at home! Try this body weight workout circuit; no equipment required. Repeat 3-4 times for a good burn!

- Squat to reverse lunge x 10 ea. Leg • High knees x 30 sec • Pushups x 10 • Side Shuffles x 30 sec • Reverse Nordic Curl x 10 • Pike Push x 10 • Plank with toe taps x 30 sec

Courtesy of Cortney Lanzona, Cheer Leader and Yoga Meister, Bangor Fitness Center

WHAT'S COOKING?

Navy MWR at Home Food and Nutrition Tips

Before you break out the "quarantinis" and start stress baking, take a moment to consider the foods you should be stocking up on and why (while hopefully being kind to other shoppers in the process). Download from navymwr.org

Source: Navy MWR at Home

FAMILY FUN

Gatorland hosts a Facebook Live at 10 a.m. (ET) each morning. This 110-acre theme park and wildlife preserve in Florida is located along South Orange Blossom Trail, south of Orlando. <https://www.facebook.com/gatorland>

Courtesy of Navy MWR at Home, Gatorland School of Croc

FLEET & FAMILY SUPPORT PODCAST

With FFSC on-demand podcasts, you can listen to expert advice from support professionals from the comfort and privacy of your home. During these challenging times, the importance of self-care cannot be underestimated. For helpful tips, listen to the "Improving Emotional Health" podcast with Michelle Dawson. These and many other audio podcasts are available for free at www.navylifepnw.com/podcasts.

DOD SAFE HELPLINE

April is **Sexual Assault Awareness & Prevention Month**. #SAAPM #AprilisSAAPM. Help spread the word about the DoD Safe Helpline, which provides live, confidential, one-on-one crisis support for service members affected by sexual assault. Available 24/7, users can visit www.SafeHelpline.org, call 877-995-5247, or text their location to 55-247 (inside the U.S.) or 202-470-5546 (outside the U.S.) to get connected with SAPR services at their installation or command.

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