

# NAVY FAMILY PLAN of the DAY



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

## WEDNESDAY, APRIL 1

Wellness Check: What kinds of home activities are you doing to stay safe and busy? We're all in this together so send us your favorite activities to [info@navylifepnw.com](mailto:info@navylifepnw.com), or message us on Facebook ([@EverettFFR](https://www.facebook.com/EverettFFR); [@KitsapFFR](https://www.facebook.com/KitsapFFR); [@WhidbeyFFR](https://www.facebook.com/WhidbeyFFR)), and maybe we'll feature your submission.

### TODAY'S WORKOUT

**Bodyweight squats w/arms overhead** – 15

**Pushups** – 10

**Bear walk** – 30 seconds

**Jumping jacks** -- 30 seconds

**Walking lunges** - 15 each leg

**Bench triceps dips** – to failure

**Plank hold** – to failure

**Butt-kicks** – 30 seconds

**Step-ups (on bench or rock)** – 15 each leg

**Frog hops** – 30 seconds

**Grocery bag walk** – Hold bags in one hand and walk at least 20 feet. Turn around and switch hands, then walk back. Keep torso straight.

Take your workout outside (this afternoon when the weather clears) for some fresh air and extra space to move around!

Contributed by Alicia Armer, NASWI Fitness Center

### WHAT'S COOKING?

#### Egg "Fried" Rice

Looking for a fast and easy meal with fresh ingredients? Try this great microwaved version of a classic one-skillet meal.

**Directions:** Pour rice into a microwave safe bowl. Add water, soy sauce, sesame oil, and bacon. Stir so ingredients are mixed. Cover bowl with a lid or saucer. Microwave for 6-8 minutes.

Remove bowl, stir, and mix in frozen peas and carrots. In a cup beat together the eggs and salt. Place the bowl of rice and cup of eggs back into the microwave for 1 minute.

Remove rice bowl and cup of eggs, mix eggs with fork and then stir eggs into bowl of rice. Enjoy your easy dinner!

#### Ingredients:

1/2 cup of rice  
1 cup water  
1 Tbsp Soy Sauce  
1 tsp Sesame Oil  
2 strips bacon, chopped  
1/2 cup frozen peas & carrots  
2 eggs  
pinch of salt

Source: [Tasty.com](https://www.tasty.com)



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## FAMILY INFO

### Parent to Parent Webinar

Adapting to a Virtual Learning Environment | 9 a.m., TODAY, Wednesday, April 1  
A virtual learning environment is a new experience (and exceptionally relevant in our current situation) for many military-connected children. The Military Child Education Coalition will identify the challenges of virtual learning, ways to balance learning in a home setting and best practices for a successful learning experience. Registration is required.

Register here: <http://militarychild.adobeconnect.com/web1020b/event/registration.html>

Contributed by NBK School Liaison Office

## ALWAYS LEARNING

### IT Certification Test Prep Center

With extra time to spend perusing the internet, why not take the opportunity to learn a new skill? Get started with IT Certifications test prep center from the O'Reilly Learning Online Digital Library resource. Certifications preparation materials include eBooks, videos and practice tests. New content is added frequently so check back often.

O'Reilly Learning also includes interactive coding lessons, sandboxes and live online training.

Get started by signing up through the [NavyMWRDigitalLibrary.org](http://NavyMWRDigitalLibrary.org) (requires CAC access or DS Login). Search "O'Reilly" in the A to Z Directory after you sign in.

Contributed by Navy MWR Digital Library

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