

PLAN of the DAY



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

THURSDAY, APRIL 23

Challenge yourself with a *40-Minute Tabata Workout* courtesy of Priscilla Irving from Bangor Fitness Center. After your workout, try cooking our featured Fresh Fast Fit meal that only requires 6 ingredients. Round out your day with the *"Benefits of Mindfulness"* podcast hosted by Michelle Dawson.

TODAY'S WORKOUT

40-Minute Tabata

Each Tabata is a total of 4 minutes. Do each exercise 30 seconds with a 10-second rest in between. Wait 1 minute before moving onto the next exercise.

1. Jumping Jacks - plank hold
2. High Knee - wall sit
3. Burpees - alternating side plank hold
4. Squat Jumps - alternating lateral lunge
5. Jog in Place - star jumps
6. Pushups - crunches
7. Squat Pulse - mountain climber
8. Triceps Dip - jumping jack squats
9. Hollow Hold - crab kicks
10. Any 2 of YOUR favorite exercises

Contributed by Priscilla Irving, Bangor Fitness Center

WHAT'S COOKING?

Fresh Fast Fit Dinner Buffalo Chicken and Cauliflower

Ingredients: Sliced Chicken Breast | Cauliflower | Butter | Buffalo Sauce | Scallion | Blue Cheese

For directions and a video tutorial go to <https://youtu.be/7uV1HcFnU9c>

Source: *MWR at Home*

FAMILY FUN

Founded in 1929, the Museum of Modern Art (MoMA) in midtown Manhattan was the first museum devoted to the modern era. Now you can explore it online thanks to the modern Internet:

<https://www.moma.org/interactives/exhibitions/2010/online/>

FEATURED 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. Today's recommended Podcast selection is *"Benefits of Mindfulness"* by Michelle Dawson. See the full podcast library at www.navylifepnw.com/podcasts.

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