

# PLAN of the DAY



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

**MONDAY, APRIL 20**

Join us as we stretch with Caitlin Gordon from NASWI Fitness Center and celebrate National Grilled Cheese Sandwich Month with a California twist. Got stress? We've got relief with on-demand audio podcasts from the experts at Fleet & Family Support.

## TODAY'S WORKOUT

**WARMUP: 2-3 rounds** – 30 seconds running in place/high knees | 5 inchworms with a 3-second downward dog | 30 seconds World's Greatest Stretch – each side

**WORKOUT: 5 sets for quality** – 30 supine tuck-ups | 15 split squat right leg | 15 split squat left leg | 10 hand release pushups

**COOL DOWN: 3 rounds** – 1-minute pigeon stretch each side | 30 seconds overhead triceps stretch | 30 seconds happy baby

*Contributed by Caitlyn Gordon, NASWI Fitness Center*

## WHAT'S COOKING?

### GRILLED CHEESE WITH TOMATO, BACON AND AVOCADO

#### Directions:

Start by cooking bacon in a nonstick pan or skillet over medium heat until crispy, 5 to 7 minutes. Remove bacon to paper towel lined plate, set aside. Remove grease and wipe or get a new pan and heat over medium heat. Spread mayo on bread from corner to corner and add to pan, mayo side down. Add slices of cheese to bread. Cook for about a minute before adding bacon. Once the cheese has started to melt, add tomato slices and avocado on top of the bacon. Top with the other slice of bread and press gently. Flip once to ensure bread is cooked evenly (do this carefully so you don't lose ingredients).

#### Ingredients:

2 Tbsp of mayo  
2 slices of bread  
(your choice)  
2 slices of cheddar cheese  
1 slice of Colby cheese  
1 slice of tomato (cut in half)  
3-4 slices of thick-cut bacon  
½ slice of avocado

Serve with tomato soup for dipping!

*Contributed by Kevin Danford, NRNW Sponsorship Coordinator*

## FAMILY FUN

Don't miss the "Spring into Reading Challenge," now through May 16. Customers who read at least one hour per week will be entered into weekly gift card drawings. Sign up and log your reading time at <https://dodvirtualsrp.beanstack.org> or on the Beanstack app.

*Source: FFR@Home*



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## 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 the **"Stress Relief Guide."** Host Michelle Dawson will talk you through these expert tips:

1. Effective stress relief doesn't have to take a lot of time.
2. There are mini relaxations that you can do to help bring down stress levels even when you only have a few minutes to spare.
3. It's important to have a personalized plan for dealing with the stressors in our life.
4. Take the time to stop, breathe, reflect and choose.
5. Feeling unbearably tensed? Try massage, a hot bath, mini relaxations, a body scan or a mindful walk.
6. Practically any exercise, brisk walk, a quick run, a sprint up & down the stairs will help.
7. Done regularly, exercise wards off tension, as do relaxation response techniques.

Visit [www.navylifepnw.com/podcasts](http://www.navylifepnw.com/podcasts) to learn more.

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