# MONDAY, MARCH 30

Welcome to the first edition of the Navy Region Northwest Navy Family Plan of the Day! From now until the return to normal, you can count on your Fleet & Family Readiness team to deliver fun activities and engaging content that will help you and your household make the best out of being #alonetogether. We’d also love to see your own tips, tricks and videos. Join the conversation [@EverettFFR](https://www.facebook.com/EverettFFR/), [@KitsapFFR](https://www.facebook.com/KitsapFFR/), or [@WhidbeyFFR](https://www.facebook.com/WhidbeyFFR/). We’re all in this together, so stay home, stay safe and stay sane with the Navy Family Plan of the Day!

## Today’s Workout

**Forearm plank to full plank**  
30 seconds

**Running planks**

30 seconds

**Full body crunches**  30 seconds

**Pike & extend**

30 seconds

**2-3 sets each:**

10 Wide Grip push ups

15 squats w/ chest opener

10 bicycles

10 Reverse crunches

20 second plank hold

20 second side plank hold (left & right)

10 Burpees

##### Contributed by Alicia Armer, NASWI Fitness Center

## What’s Cooking?

**Buttered Noodles**

No time or energy to cook? Here’s a fast and easy-to-prepare dish kids will love and you deserve after doing Alicia’s workout! Use whatever pasta your heart desires (or pantry is already stocked with) and top with salty Parmesan.

**Steps:** In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain and return to pot. Add butter and stir until melted, then season with salt and pepper. Serve with Parmesan.

**Ingredients:**

12 oz pasta

4 Tbsp. butter

Kosher salt

Freshly ground black pepper

¼-cup freshly grated Parmesan

Source: Delish.com

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## FaMILY FUN

##### Take your kids on a trip to [NavyMWRDigitalLibrary.org](file:///C:\Users\Fleet%20and%20Family\Desktop\NavyMWRDigitalLibrary.org)! The Navy MWR Library Program’s Digital Library Branch, is open 24 hours a day, 365 days a year. Digital customers can enjoy e-books and audiobooks, foreign language learning, test prep, and research resources that support lifelong learning, and professional and recreational reading.

## Treat Yourself

##### **At Home Spa Day:** Whisk yourself away and pamper your hands and feet while at home.

##### **Supplies:** bucket of warm water, small bowl for sugar rub mixture, towel, mild liquid dish soap, olive oil and brown sugar. Other items include nail polish etc. of your choice.

##### Begin by mixing 2/3-part brown sugar and 1/3 part olive oil in small bowl. Mix a small amount of soap and warm water in a bucket and soak either hands or feet. Next, get mostly dry and rub mixture of brown sugar and olive oil over either hands or feet, rubbing for approximately three minutes. Rinse and dry with towel. Hands or feet will feel silky smooth. This is especially great for all that hand sanitizing dry out. Next feel free to be creative painting nails.

##### Contributed by NASWI MWR Community Recreation

## What’s NeXT?

##### **FFSC Webinar: Bringing the classroom to you!**

##### Interview Types and Dressing For Them | 2-3 p.m., Tuesday, March 31

##### Let's explore the various types of interviews, how to prepare, and best practices for dressing your best!

##### Join us: <https://zoom.us/webinar/register/WN_BCOeXRlyQhyA6lyXt8iFaQ>

##### Contributed by NASWI Fleet & Family Support

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