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# AERO CREW NEWS

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**Aviator Bulletins**  
Summer Fun, Open Houses,  
Bonuses and more!

**Contract Talks**  
Unpaid Time Off

## Exclusive Hiring Briefings



**Fitness Corner**  
Tips For Healthy Eating  
On The Run, Part 2



# Tips for Healthy Eating on the Run (Pt. 2)



In Part 1 of this article, I provided you with some basic tips to get you started. Part 2 is going to expand on those tips. Awareness, like consistency is key. It is important to be mindful of what you put in your body and how much. Even the frequent flyer has to take a moment. Here are some additional tips to help.

1. **Take your time.** Eating slowly benefits digestion, hydration, and helps with weight loss/maintenance. *TIP: Take time to savor the flavor and food textures. Be mindful of how you feel as you eat.*
2. **Use a smaller plate.** Using smaller plates means you consume less calories. We often overindulge when eating from standard plates. Smaller plates foster better portion. *TIP: Fill half your plate with vegetables.*
3. **Take control of your food.** There are healthy options for frequent travelers who often dine out. *TIP: Patronize restaurants that offer healthy food alternatives.*
4. **Be adventurous – try something new.** Healthy eating can be fun. Treat your palate to new flavors and textures. *TIP: Trade recipes with friends or find recipes online.*
5. **Find healthy alternatives to satisfy your sweet tooth.** Indulge a little in some of the naturally sweet options available to you. *TIP: Try fresh fruit cocktail or a fruit parfait made with yogurt. If you're partial to hot desserts, consider baked apples topped with cinnamon.*

## Exercise of the Month

### Fly Reverse with a Crunch

Primary Muscles Targeted: Biceps, Shoulders, Quadriceps, and Hamstrings

Secondary Muscles: Abdominals

1. Holding dumbbells, palms facing in, stand with feet hip-width apart and toes pointed forward.
2. As you step forward to lunge, curl the weights up to your shoulders.
3. Sink deeper into the lunge (your front knee should be at 90 degrees) as you press the dumbbells overhead.
4. Lower the dumbbells back to your sides then press through your heel to return to standing position

- Complete all reps on one side before alternating to the other side.

### Curl, Lunge & Press



## Question of the Month

How can I spice up my oatmeal?

Candice McField is an ACE Certified Health Coach, WNBF Pro Figure competitor, and avid global traveler. She serves a client base of on-the-go professionals; providing personalized tools to train anytime, anywhere.

Questions or comments? Send them directly to me at [crewfit@candicemcfield.com](mailto:crewfit@candicemcfield.com). I would love to hear from you. **Arise!**® @