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Fitness Corner
Tips For Healthy Eating
On The Run



Tips for Healthy Eating on the Run (Pt. 1)



You may think integrating good eating habits into a hectic travel schedule is impossible. The good news is that it is not. You can eat well on the run. This two-part series offers tips to help you.

Look for restaurants/fast food establishments that allow you to:

- substitute standard items with vegetables/fruits substitutions (e.g. exchange fries for a baked potato or side salad)
- opt for baked, broiled, grilled, or roasted protein options
- when possible, prepare small travel packs of nutrient-dense snacks (e.g. jerky, dried fruits, nuts, or seeds).

1. **Fill half your plate with veggies and fruits.** Vegetables and fruits are full of nutrients and help to promote good health. *TIP: Make colorful choices – red, orange, dark green, yellow, etc.*
2. **Eat a moderate amount of lean protein.** Choose lean cuts of proteins. *TIP: Make seafood your protein of choice twice a week.*
3. **Consume more whole grains.** Make whole grains more than 50% of the types of grains you consume. *TIP: Look for “100% whole grain” or “100% whole wheat” on food labels.*
4. **Do not skim on the dairy.** Pair a meal with a cup of fat-free/ low-fat milk or low-fat yogurt. *TIP: Soy milk or soy beverages are an excellent alternative if you are lactose intolerant.*
5. **Skip the excess fat.** Heavy gravies or sauces add fat and calories to otherwise healthy food choices. *TIP: Try alternatives toppings such as fresh lemon juice or low-fat parmesan cheese.*

Exercise of the Month

Fly Reverse with a Crunch

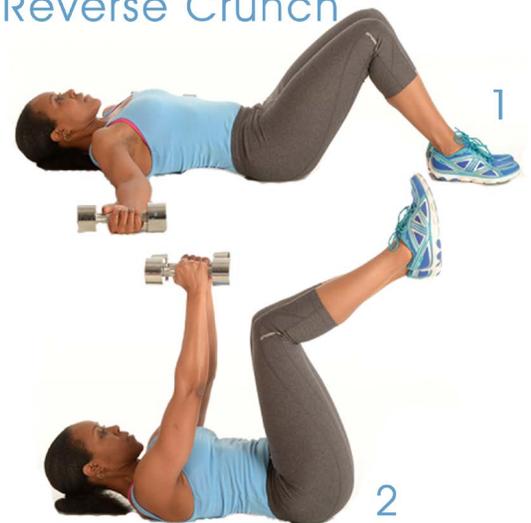
Primary Muscles Targeted: Chest and Abdominals

Secondary Muscles: Shoulders

1. With your arms straight, feet flat and knees bent, lie on your back holding dumbbells out and away from your body at shoulder level.
2. Keeping your arms straight, raise the dumbbells up over your chest as you bring your knees into your chest with legs bent (slightly rounding your lower back at the top position).
3. Lower the dumbbells and your feet back to the start position and repeat.



Fly Reverse Crunch



Question of the Month

What is your go to snack or meal?

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. I would love to hear from you. **Arise!** @