

May 2016



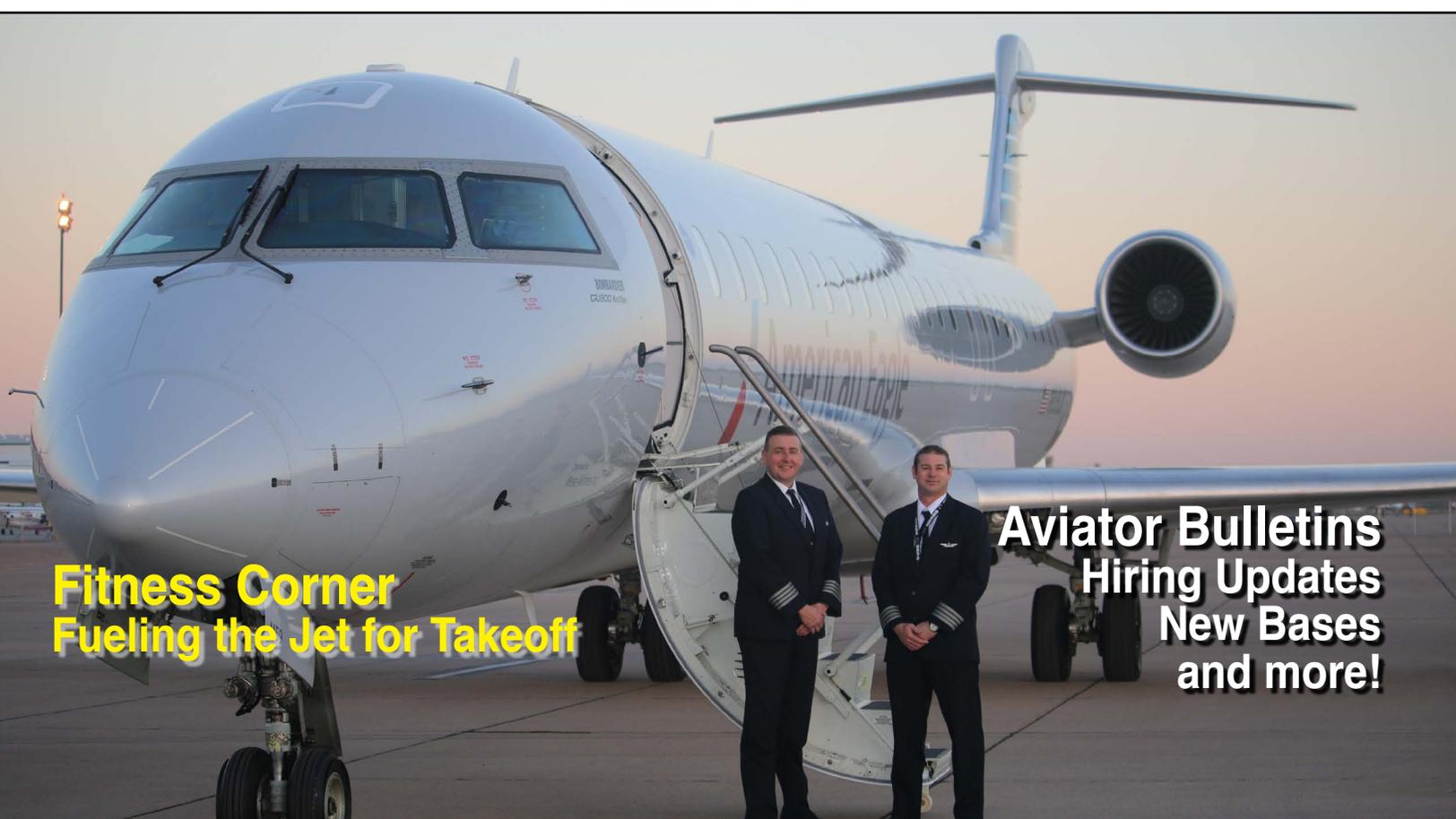
# AERO CREW NEWS

Your Source for Pilot Hiring Information and More...



**Contract Talks  
Hotels**

**Exclusive Hiring Briefings**



**Fitness Corner**  
**Fueling the Jet for Takeoff**

**Aviator Bulletins**  
**Hiring Updates**  
**New Bases**  
**and more!**

# Fueling the Jet for Takeoff!



When it comes to proper nutrition, no words ring truer than, “Breakfast is the most important meal of the day.” Yet, 10 percent of the U.S. population skips breakfast according to a 2011 study. If you are among the 31 million who opt out of breakfast, stop and consider the following

benefits of breakfast.

- 1. It refuels the body after a night of fasting.** A well-balanced breakfast breaks the overnight fast, provides the nutrients you need.
- 2. Consuming breakfast contributes to weight loss.** Studies show that people who consume breakfast are more likely to maintain a healthy body weight.
- 3. Breakfast-eaters consume less saturated fat and cholesterol over the course of the day.** Breakfast-eaters tend to have healthier blood sugar levels.

Today’s world is fast-paced but it does not mean you cannot have a balanced breakfast while in transit. The list below offers you some options to start your day off right, even when you are on the go.

### Question of the Month

Do you eat breakfast? If yes, then how often (e.g.

Protein Options	Complex Carb Options
Egg whites	Oatmeal
	Millet
Fat-free/low-fat yogurt	Cream of Wheat
	Cream of Rice
Kefir	Malt-o-Meal
	Quinoa
Protein shake	Ezekiel English Muffin
	Whole Grain Toast
Tofu	Whole Grain Pancakes
	low sugar

daily, a few days per week, etc.)? How do you feel on the days you eat breakfast versus the days you don’t? Do you tend to snack more on the days you skip breakfast? If yes, on what types of foods?

### Exercise of the Month

*Primary Muscle Targeted: Triceps*

*Secondary Muscles: Chest and Abdominals*

**Start Position:** Hands inside shoulders, elbows bent, closed to sides, and pointing straight back (Fig. 1)

- Holding yourself 2-3 inches above the floor, maintaining a flat back with abdominals tucked in, push straight up into a plank position.
- Slowly return to start position.

Repeat for 10-12 reps.



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

Do you have questions or suggestions for an upcoming article? Would you like to share your story with me? Send them to me directly at: crewfit@candicemcfield.com.

I would love to hear from you. [Arise!](#) @