



Ship shape health

We are delighted to announce that Ship Shape Health will be providing regular updates and expert advice on training regimes for Training on Board.

The TOB program aims to help you improve your physical and mental wellbeing through online training tips and motivational competitions with other ships.

Now, thanks to the professionals at Ship Shape Health, you can also look forward to regular guidance on topics from nutrition to flexibility



Ask our experts

Why do I feel sore after exercising?

Sore muscles after physical activity, known as delayed onset muscle soreness (DOMS), can occur when you start a new exercise program, change your exercise routine, or increase the duration or intensity of your regular workout

When muscles are required to work harder than they're used to, or in a different way, it is believed to cause microscopic damage to the muscle fibres, resulting in muscle soreness or stiffness. The soreness is part of an adaptation process that leads to greater stamina and strength as the muscles recover and rebuild.

Cooks corner

How to make rice from cauliflower



Try alternating white rice with cauliflower rice. Did you know that white rice has over 130 calories per 100g and loses most of its nutritional content during cooking? In comparison, cauliflower rice has just 25 (nutritious, good quality) calories per 100g. Chop up a whole cauliflower by hand or using a blender, and simply steam or sauté for 5 minutes. Enjoy!

Exercise of the month

Resistance band squat

Love 'em or hate 'em, squats are a surefire way to condition your legs, glutes and core. Be sure to engage your core as you move through this classic move with a resistance band:

- Stand up tall on the middle of a resistance band. Grip the handles of the resistance band at shoulder height with palms facing forward.
- Keeping your back flat, move into a squat position with control. Sit back and down like you're sitting in an imaginary chair. Now lower down until your thighs are as parallel to with the floor as possible, keeping your knees over your ankles
- Press through your heels, and come back to standing. This completes one rep
- Complete three sets of 10 to 12 reps.



Laughter makes you healthy

Do you like a good giggle? Keep laughing, and you'll stay healthier. According to Dr Lee Berk at the Loma Linda School of Public Health in California, laughing reduces levels of stress hormones and strengthens the immune system. Adults laugh anywhere from 15 to 100 times per day. Not surprisingly, kids tend to laugh more. Dr Berk also believes that laughing can help to lower blood pressure, improve cardiac health and trigger the release of endorphins, which can make you feel happier. Perhaps unsurprisingly, those who laugh were also found to have a more positive outlook on life.



If you have any ideas, stories or photos you want to share let us know, and we'll publish them.
www.shipshapehealth.com
or www.trainingonboard.org