Welcome to your next issue of Training on Board, packed with health tips and workout ideas for seafarers!

**GOOD STRESS v BAD STRESS**

Too little stress keeps you from reaching your potential, but too much stress can harm your health. Where on the scale are you?

<table>
<thead>
<tr>
<th>STRESS TOO LOW</th>
<th>JUST RIGHT</th>
<th>STRESS TOO HIGH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lethargic</td>
<td>Energized</td>
<td>Anxious or obsessive</td>
</tr>
<tr>
<td>Bored</td>
<td>Engaged and interested</td>
<td>Depressed</td>
</tr>
<tr>
<td>Unfocused</td>
<td>Actively moving toward goals</td>
<td>Panicked and flailing</td>
</tr>
<tr>
<td>Purposeless</td>
<td>Learning and growing</td>
<td>Stuck or numb</td>
</tr>
</tbody>
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Here are some ways you can reach your potential without crashing and burning:

**For inspiration and energy:**
1. Set challenging but realistic goals
2. Start each day with an action plan
3. Track your progress

**For rest and recovery:**
1. Make time for feel-good activities like listening to relaxing music, yoga or slow stretching, and laughing!
2. Meditate to improve concentration, cardiovascular and immune health, and emotional regulation
3. Go outside to lower your stress hormones and heart rate, and improve mood and immunity

**BOOST YOUR NUTRIENT INTAKE!**

Are you getting all the goodness you need from your food? Follow these top tips for improving your nutrient intake:

1. Eat at least 5 fist-sized portions of fruit and vegetables every day
2. Choose a wide variety of whole foods—the fresher and more colourful, the better
3. Try to eat most vegetables raw or lightly cooked
4. Pair foods to maximise nutrient absorption, for example:
   - Foods containing iron (like spinach, kale, soybeans or lentils) + foods containing vitamin C (like a slice of lemon or chopped chilli peppers)

**NOTE TO SEAFARERS:** Take care when exercising and work within your limits. If you’re unsure, please seek medical advice before attempting any of the exercises in this newsletter.
**GIVE TABATA A TRY...**

Tabata is a form of high-intensity interval training (known as HIIT), which works on the basis that working out in four-minute high-intensity intervals is more beneficial than 60 minutes at a moderate pace.

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**THE BENEFITS OF TABATA**

- Improved Stamina
- Increased Metabolic Rate and Fat Loss
- Muscle Tissue Retention
- No Time Constraints

Tabata training will mentally and physically push you to your limit—if you do this workout correctly, you should feel completely exhausted and find it nearly impossible to finish the final interval!

Before you start, do a 5-minute, full-body warm-up with a combination of exercises like walking lunges, side bends and push-ups to engage the muscles you will use in your workout.

For more on Tabata, visit [trainingonboard.org](http://trainingonboard.org).

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**E-mail us at** training@iswan.org.uk **and you could inspire someone else to get fit and healthy!**

**Sources:**
- [www.precisionnutrition.com/10-ways-to-get-the-most-nutrients](http://www.precisionnutrition.com/10-ways-to-get-the-most-nutrients)
- [www.ereplacementparts.com/blog/the-benefits-of-tabata-workouts](http://www.ereplacementparts.com/blog/the-benefits-of-tabata-workouts)