

# Training on Board

Welcome to Training on Board's first ever newsletter! Training on Board is an exercise programme designed specifically for seafarers to practise on board. The site is packed with workout plans which will develop your flexibility, endurance and strength. This newsletter will share extra tips and advice for your general health so you can get off to a good start in 2016!

## Measure your BMI

**What is your BMI?** BMI stands for Body Mass Index and is a measure of body fat based on your weight in relation to your height.

**How do I calculate my BMI?** Divide your weight in kilograms by your height in metres, then divide that answer by your height again. For example:

If you weigh 69 kg and you are 1.7m tall, divide 69 by 1.7 (this equals 40.6), then divide 40.6 by 1.7 This equals 23.9 This number is your BMI.

**What does this mean?**

- Under 17.5 is underweight
- Between 17.5 and 24.9 is a healthy weight
- 25+ is overweight
- 30+ is obese

## We Want to Hear From YOU

Would you like to feature in our next newsletter? Do you have a question related to health, or do you have workout tips to share? Let us know at [training@iswan.org.uk](mailto:training@iswan.org.uk)



Tweet us your favourite workout and post-workout meals



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## Let's get stretching



Follow these four simple stretches to improve flexibility



## How much caffeine is safe?

The maximum recommended dose of caffeine per day is **400mg**.

- In 1 cup of coffee there is **75mg** of caffeine
- In 1 cup of tea there is **30 mg**
- 1 can of an energy drink can have up to **80mg**

Too much caffeine can cause side effects such as headaches, insomnia, tension and heart palpitations. Be aware of how much caffeine is in sugary or energy drinks, and limit yourself to three cups of coffee or tea per shift.



Tweet us your favourite workout and post-workout meals



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