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# TRAINING ON BOARD NEWSLETTER

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



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## HOW TO... EXERCISE WITHOUT NOTICING

Sources: [mybody+soul](#)  
[FITNESS RELOADED](#)

Here are three simple ways you can become more active in your daily routine without even noticing...



### TRY TO MOVE EVERY HOUR

Get up for a stretch, go for a bathroom break, or go to fill up your water bottle

If you have a desk job, for example, moving for just one minute every hour can help your health, digestion, posture and energy levels.



### MONITOR YOUR STEP COUNT

Wear a pedometer or use an app on your phone

It's addictive! Set a realistic target and aim to reach it each day. Studies have shown that people wearing a pedometer walk 27% more!



### GET FRIENDS INVOLVED

Use a fitness tracker app like [Nike+ Training Club](#) and get your crew mates to sign up too

Being able to see how your friends are doing means you can compete to be the best and motivate anyone who is slipping.



## CAP YOUR COFFEE AT 3 CUPS!

Source: [SHIPdoc](#)  
Seafarers' Health Information Programme

Caffeine stimulates the short-term memory and keeps you awake, but too much caffeine has side effects such as tension (stress), restlessness, trembling, insomnia, headaches and heart palpitations.

*Duty and watch-keeping can raise your consumption of coffee. Coffee can contain around 75mg of caffeine in an average cup, but more than 400mg of caffeine per day is not good for you.*

Try to cap your coffee intake to 3 cups per shift.

**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.



## 3 STRETCHES FOR BETTER FLEXIBILITY

Source: **SELF**

As we age, our muscles get shorter and less elastic. Daily things like bending down to tie a shoe, walking upstairs or even getting up from a sofa become harder the older you get.

When your muscles are loose and stretchy, they're less restricted. This allows you to move them wider a full range of motion so you can do more exercises. For example, greater range of motion in your hips and knees will allow you to sink deeper into a squat.

**Including some stretching exercises into your workout schedule will help you improve your flexibility and mobility and reduce tightness. It will also make your workouts more efficient and safe.**

Try the stretches below and find more at: [self.com/gallery/essential-stretches-slideshow](https://self.com/gallery/essential-stretches-slideshow)

### 1. LUNGE WITH SPINAL TWIST

Stretches hip flexors, quads and back

Essential to help with posture-related pain or for people who sit for prolonged periods of time



1. Start standing with your feet together and take a big step forward with your left foot.
2. Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh.
3. Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.
4. Hold for 30 seconds to 2 minutes, then repeat on the other side.

### 2. SEATED SHOULDER SQUEEZE

Relieves poor posture and releases tension in the upper back



1. Sit on the floor with your knees bent and feet flat on the floor.
2. Clasp your hands behind your lower back.
3. Straighten and extend your arms and squeeze your shoulder blades together.
4. Do this for 3 seconds, and then release. Repeat 5 to 10 times.

### 3. SPHINX POSE

Stretches lower back, chest and shoulders

Stretches the lower back in a gentle way and further supports it by engaging the abs



1. Lie on your stomach with your legs straight out behind you.
2. Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor.
3. Press your hips and thighs into the floor, and think about lengthening your spine while keeping your shoulders relaxed.
4. Sit up just enough to feel a nice stretch in your lower back. Don't hyperextend, and stop immediately if you start to feel any discomfort or pain.

Want to be featured in this newsletter and on our website?  
Any ideas, photos or stories you'd like to share?



E-mail us at  
[photos@iswan.org.uk](mailto:photos@iswan.org.uk)

Sources:

How to... Exercise without noticing: [fitnessreloaded.com](https://fitnessreloaded.com) & [bodyandsoul.com.au](https://bodyandsoul.com.au)

Cap your coffee at 3 cups!: [seafarerhelp.org/assets/downloads/HealthyFood\\_A5\\_20151209\\_LR.pdf](https://seafarerhelp.org/assets/downloads/HealthyFood_A5_20151209_LR.pdf)

3 stretches for better flexibility: [self.com/gallery/essential-stretches-slideshow](https://self.com/gallery/essential-stretches-slideshow)

