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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!



P.1 3 core-strengthening exercises



P.2 5 health benefits of Child's Pose

3 CORE-STRENGTHENING EXERCISES

Source: **COACH**

Core exercises are a must for any fitness routine. Ensuring your core is strong and flexible will help you in the gym, playing sports or just going about your daily business. A strong core will also help you maintain good posture and avoid issues like lower back pain. Here are three core-strengthening exercises for each level of fitness – pick the exercise for your fitness level and give it a try. You can find full core workouts [here](#).



BEGINNER—Plank (30-second hold)

This exercise involves minimal movement but maximal effort, requiring you to support your body on your forearms and toes while holding your body in a straight line from your shoulders to your ankles. You can make it easier by resting on your knees, or more difficult by extending your arms so you are supported by your hands.



INTERMEDIATE—Dumbbell plank drag (8 reps)

Get into the top press-up position. Put a dumbbell on the ground just to the right of your torso. Reach underneath and across with your left hand to grab the dumbbell and drag it to your left side. Then mirror the movement with your right hand.



ADVANCED—Wall plank (30-second hold)

Get into an elevated plank with your feet against a wall so you form a flat, horizontal line from heels to head. Hold.

↑ Source: coachmag.co.uk/fitness/core-exercises

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.



5 HEALTH BENEFITS OF CHILD'S POSE

Source:  DOYOUYOGA

Child's Pose, or Balasana, is a resting pose in yoga. Yoga combines breathing exercises, meditation and poses proven to benefit mental and physical health, and this particular pose can be great for your mind and body:

1. CALMING FOR THE MIND

Resting your forehead on your mat has an instant calming and soothing effect on the brain. The inward fold of the body, with the eyes looking back towards you, sends a signal to your brain that you are safe and it is OK to rest.

2. GREAT FOR DIGESTION

Doing Child's Pose with your knees closer together, so that your belly is resting on your thighs, is a great way to massage the internal organs. This can help move your digestion along, which is especially helpful if you have gas. Taking long, slow deep inhales and exhales in this pose will push your abdomen into your legs, and then draw it back up again.

3. ELONGATES THE LOWER BACK

If you sit at a desk all day or stand for long periods of time, you may have some compression in your lower back. Folding over your legs in Child's Pose allows you to open up and stretch this area of the body.

4. OPENS UP THE HIPS

Sitting in a chair for long periods of time can actually tighten all of the muscles in and around your hips. By taking your knees wide apart in your Child's Pose so that your belly can relax in between them, you will be getting a nice stretch and opening through the hips.

5. REMINDS YOU THAT RESTING IS A GOOD THING

Taking time to rest while you are doing yoga or other stretches may help you to cultivate the ability to take time out in your everyday life.



Source: stylecraze.com/articles/balasana-child-pose

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Sources:

3 core-strengthening exercises: coachmag.co.uk/fitness/core-exercises

5 health benefits of Child's Pose: doyouyoga.com/5-health-benefits-of-childs-pose/

