HAPPY AND HYDRATED

Water is vital for your body to carry out many processes like controlling your temperature and it keeps your skin healthy.

It’s important to keep your body’s water levels topped up, or you can become dehydrated. This can happen when you are losing more water than usual, such as through sweating a lot, being ill with vomiting or diarrhoea, or simply by not drinking enough.

You should be drinking at least 1.5 litres of water each day!

This is around 6-8 glasses, and although water is best, you can also drink squash, milk, fruit juices and tea, but bear in mind that these contain sugar! You can make water more exciting by adding slices of lime, orange, lemon or even cucumber.

Source (‘Happy and Hydrated’): bupa.co.uk/health-information/directory/hy/hydration

Top image: fix.com/blog/master-proper-workout-form/
**RISE AND SHINE, IT’S BREAKFAST TIME!**

Breakfast is undoubtedly the most important meal of the day, providing your body and brain with the fuel they need to start the day after an overnight fast.

**What are the benefits?**

- **Breakfast delivers 20-25% of the total energy for that day**
- **People who eat breakfast are less likely to be overweight than those who skip it**
- **Eating breakfast every day improves memory, concentration levels, mood and lowers stress levels**
- **Long term, it can reduce obesity, high blood pressure, heart disease and diabetes**

**What should you eat?**

- **Carbohydrates like bread, grain products and rice are great sources of energy. Wholegrain options help keep you fuller for longer**
- **Skimmed and half-fat milk and milk products are good sources of protein**
- **Fruit should be eaten several times a day, so breakfast is a great time to start! This can include 100% fruit juice**

**FITNESS TALK WITH A SEAFARER**

Shane, a Captain from the Philippines, won a Fitbit in our August competition. He chatted with us about his own training on board:

**How do you try to keep fit and healthy on board?**
I keep fit and healthy on board by eating healthy foods, do regular exercise and have enough sleep.

**As a seafarer, what things make it difficult to train?**
Sometimes too tired and sleepy after a long pilotage or manoeuvring during late night and early hours which makes you miss your scheduled exercise. And also when experiencing vessel rolling or rough weather during sea passage.

**How often do you exercise?**
Three times a week.

**What is your favourite healthy meal or snack?**
Fruits and nuts.

**What is your favourite thing about Training on Board?**
The Fitness Calculator.

**How do you think your new Fitbit will help your fitness on board?**
With it, I can now always monitor my heart rate and calories burned during exercise and while working.

**What is your favourite way to relax at the end of a hard day’s work?**
I usually spend my free time on reading books and watching movies at the end of the day as a way to ease my nerves.

**What top tips on keeping fit and healthy would you give to other seafarers?**
Eat healthy and avoid too much intake of sweets, fatty, salty and junk foods. Quit smoking and lessen the intake of alcohol. Do regular exercises and have enough rest.

Want to be featured in this newsletter and on our website?
Tell us about your workout of the day or how you got fit, and we’ll write it up and share it. You could inspire someone else to start getting fit and healthy too! Email training@iswan.org.uk

Source (“Rise and Shine, It’s Breakfast Time!”): shakeupyourwakeup.com/why-is-breakfast-important