



Training on Board Newsletter Sept 2016

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Hello fitness friends! Welcome to September's Training On Board news!

DANCE YOURSELF FIT (AND HAPPY!)

Getting bored of hours at the onboard gym, long repetitive cardio sessions on deck, or trying to motivate yourself to do another small space workout app? We have the solution for you!



If (like us) you love to dance, then it's time to get your groove on. Dancing can burn 500 calories an hour, build muscle, develop aerobic capacity AND make you more flexible! Not only that, but scientists have proved that dancing helps keep your mind sharp, and helps prevent dementia. Plus dancing is a massive mood booster, and can help depression by releasing serotonin and other happy chemicals into your body.

We know that you're not likely to have a dance club on your ship (!) but you can still get all the benefits. Here are a couple of ideas!

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- * This one is the easiest. Make a playlist of your favourite songs, stick on your headphones and some comfy clothes, and dance in your cabin like no-one is watching! If you share a space, try not to dance into anyone! Better yet, get them to join in.

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- * Do you have a film room on board? Does it have a safe floor and enough room for a few people to move about in? If so, you could get some cheap dance DVD's and see if you can organize a regular dance off between you and the rest of your crew.

TIME TO REST

Seafarers' fatigue is a well known problem. Here are a few ideas to wind down after a busy shift:

Avoid using your phone or computer for an hour before you sleep as the light from the screens can keep you awake. Try reading a book or listening to some calming music instead.

Have a hot shower to calm your mind and body down before rest

Avoid caffeine, alcohol or heavy meals an hour or so before bed– these make your sleep less restful, or can even keep you awake

Worrying about things? Make a list of everything you need to do, or that you are concerned about, your plan of action, and then put it aside until you've woken up. You can call the SeafarerHelp team if you need support as well:

www.seafarerhelp.org



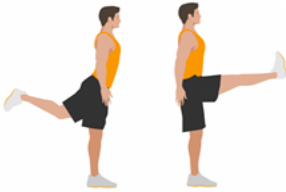
8 STRETCHES TO HELP YOU RECOVER FROM A WORKOUT

Pre-Workout Dynamic Stretches



1. Walking Lunge: Do 20 meters of walking lunges.

Stand with your feet hip-width apart. Step your right leg forward, and, as you plant your foot, lower your body into a lunge. Your right knee should be at a 90-degree angle and aligned with your right ankle. Slowly come back to center, stand up and repeat with the left leg.



2. Leg Swings: Do 4 sets (1 set in each direction for each variation) of 15 reps of leg swings.

Start with forward leg swings by standing next to a wall for balance. While keeping both legs straight, swing your right leg in front of your body and then behind your body — this counts as one leg swing. Avoid swinging past the point of discomfort. After repeating with your left leg, switch to the sideways variety. Similar to forward leg swings, simply swing the right leg toward the left, sweeping your foot across the front of your body and then back to the right — this counts as one leg swing. Repeat with your left leg.



3. Frankenstein: Do 20 meters forward and 20 meters back.

With your feet hip-width apart, stretch your arms out in front of your body with palms facing downward. March forward, and swing your right leg up in front of your body. Be sure to maintain good posture and keep your knee straight as you create a 90-degree angle with your body. Once you plant the right leg back on the ground, swing the left leg up.



4. Arm Swings: Do 20 arm swings.

Stand with your feet shoulder-width apart and your back straight. Swing both arms forward like synchronized windmills. Complete 10 rotations, then reverse your arms and swing them backward for another 10 rotations. Be sure to engage your hips and keep your arms relaxed during this exercise.

Post-Workout Static Stretches



5. Pigeon: Do 1 minute in pigeon pose.

Start in pushup position. Bring your left leg forward, placing your bent knee and thigh in front of your torso. Your left foot should be sitting near your right hip. The right leg should remain extended behind your body, the top of which is resting on the ground. Support your body with your hands on either side and feel the stretch. Hold for 30 seconds, and switch sides.



6. Calf Stretch: Do 1 minute of calf stretches.

Stand facing a wall or platform, and place one foot against the wall to stretch your calf muscle. Hold for 30 seconds, and switch sides.



7. Quad Stretch: Do 1 minute of quad stretches.

Stand with your feet shoulder-width apart and your back straight. Bring your right heel up to your backside, holding it with your right hand. Hold for 30 seconds, and switch sides.



8. Scissor Stretch: Do 1 minute of scissor stretches.

Standing with your feet together, step your left foot forward a couple of feet. Carefully bend forward at the hip, reaching down toward the ground and placing your hands on either side of your left foot. Hold for 30 seconds, and switch sides.

Want to be featured in this newsletter and our website? Tell us about your workout of the day! Or how you got fit. We'll write it up and share it, and you could inspire someone else to begin to get fit and healthy too! Email training@iswan.org.uk