

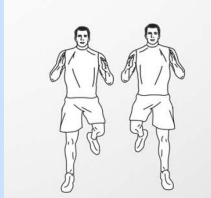
JUL/AUG  
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# TRAINING ON BOARD NEWSLETTER



[www.trainingonboard.org](http://www.trainingonboard.org)

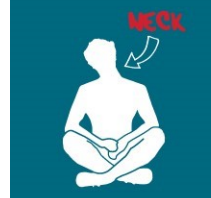
Welcome to your next issue of Training on Board! This will be our final issue, so we have made sure it is more packed than ever with tips to help you get the most out of your workout. Enjoy!



P.1 Let's get warmed up



P.2 Boost your metabolism



P.2 Bend and stretch



P.2 The best of the rest...

## LET'S GET WARMED UP

Do you have a go-to warm-up routine? If not, or if you fancy something different, give this one a try. It's a light warm-up you can do before any exercise routine and it will allow your muscles and tendons to begin to loosen up in preparation for real work. It is designed to help your body wake up and gradually speed up your circulation, metabolic rate and heartbeat, and it will help you get the most out of your workout.

### TOP TIP

Your core is much more than a six-pack of muscles hiding beneath your gut – it's a system of muscles that wraps around your entire torso, stabilising your body, protecting your spine from injury and keeping you upright.

Fire these muscles before every exercise to keep your back healthy, steady your balance and maintain a rigid body position.

Source: [LIVESTRONG.COM](http://LIVESTRONG.COM)

Source: **DAREBEE**

## classic warmup

BY DAREBEE @ [darebee.com](http://darebee.com) 10 reps each

neck tilts

neck rotations

torso rotations

chest expansions

side arm raises

arm rotations

hip rotations

hops on the spot

side-to-side hops

**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.



## BOOST YOUR METABOLISM

Speeding up your metabolism helps you burn calories even when you're not exercising. Here are six healthy habits to give your metabolism a boost each day:

1. **Get started early:** Eating breakfast wakes up your metabolism in the morning.



2. **Add intervals:** When you exercise, ramp up the intensity for short intervals. The extra energy burn lasts all day.

3. **Eat your omega-3s:** Omega-3s help to regulate your metabolism. Eat lots of fatty fish like salmon, mackerel and herring.



4. **Make some muscle:** Muscle burns more energy than fat, even when you're not working out.

5. **Sip green tea:** It has an antioxidant called catechin, which may crank up metabolism.



6. **Cut trans fats:** Trans fats (often found in processed food) slow down your ability to burn fat.

Source: **Health**

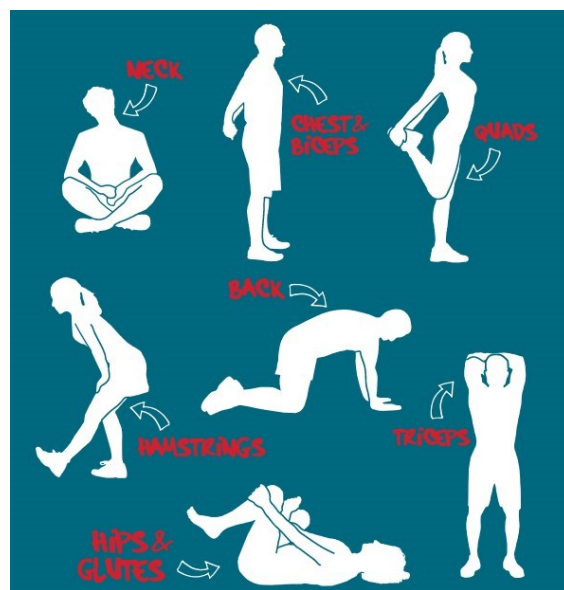
## BEND AND STRETCH

Your muscles tighten during your workout so you should always finish with a good stretch to bring them back into shape.

Here are seven stretches you should do after every workout – each stretch should be slow and controlled for around 30 seconds, breathing deeply throughout.

Find out how to do these stretches [here](#).

Source:



## THE BEST OF THE REST...

We are rounding off our last issue with a look back on some of our top tips and ideas from previous issues:

Warm-up dos & don'ts: [Apr 2017](#)



Best onboard workouts for weight loss: [Sep 2017](#)

Apps for onboard health and fitness: [Mar/Apr 2019](#)



Exercises for back pain: [May 2017](#)

Bodyweight training: [Jan 2017](#)



3 stretches for better flexibility: [May/June 2018](#)

Diet + exercise = more effective together: [Aug 2017](#)



Make exercise more fun: [Jan/Feb 2018](#)

We hope you have enjoyed our final issue! For more information on health and wellbeing at sea, you can download free resources from [www.seafarerhelp.org/en/health-well-being/seafarers-health-resources](http://www.seafarerhelp.org/en/health-well-being/seafarers-health-resources).

Sources:

Let's get warmed up: [darebee.com/workouts/classic-warmup-workout.html](http://darebee.com/workouts/classic-warmup-workout.html)

TOP TIP: Brace your core before every exercise: [livestrong.com/slideshow/553531-the-20-best-fitness-tips-of-all-time/?slide=3](http://livestrong.com/slideshow/553531-the-20-best-fitness-tips-of-all-time/?slide=3)

Boost your metabolism: [health.com/weight-loss/simple-tricks-boost-metabolism](http://health.com/weight-loss/simple-tricks-boost-metabolism)

Bend and stretch: [jetts.com.au/jetts-life/workouts/7-stretches-you-should-be-doing-after-every-workout](http://jetts.com.au/jetts-life/workouts/7-stretches-you-should-be-doing-after-every-workout)

