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TRAINING ON BOARD NEWSLETTER



www.trainingonboard.org

Happy New Year and welcome to your next issue of Training on Board, packed with workout ideas and health tips for seafarers! What are your fitness goals for 2018?



P.1 Make exercise more fun!



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P.2 *How to...* do a downward dog stretch

MAKE EXERCISE MORE FUN!

Exercise shouldn't have to be a chore. Here are some ways you can make your workout fun and enjoyable rather than boring and repetitive this year:

1



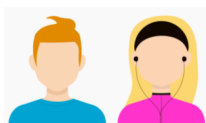
MUSIC Make a playlist of energetic workout songs (we'll have more about this in the next issue) or listen to your favourite dance tracks to get your blood pumping!

2



APPS Download a fitness app like [Daily Workouts](#) to help you monitor your progress and get tips or useful reminders.

3



FRIENDS Having someone to exercise with gives you more motivation and turns your workout into a sociable activity.

4



VARIETY Try something new or mix up your routine—why not ask another crewmate what workout they do and give it a try?

5



GAMES Not everyone enjoys working out in the gym, so why not play a game of basketball if your ship has a court instead? Alternatively, you could use an app like **Zombies, Run!** (available from [App Store](#) and [Google Play](#)) on the treadmill which tells you to run faster if you're being chased by a zombie!

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.



BEAT THE WINTER BLUES

Source: **UK P&I CLUB**  (see bottom of page for link)

In the Northern Hemisphere, the shorter days, colder temperatures and particularly the lack of natural sunlight in winter can make many people start to feel more lethargic, less motivated and lower in mood than usual.

1 in 20 people suffer from a more severe form of this known as **Seasonal Affective Disorder (or SAD)**. For seafarers, the effects of this combined with the daily stresses of the job can make it easy to feel mentally and physically overwhelmed.

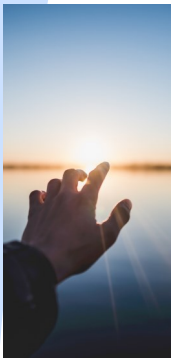


Natural sunlight is an important part of a healthy lifestyle, being an invaluable source of vitamin D, as well as affecting a person's serotonin levels (the hormone that affects things like mood and decision making) and internal body clock.

SAD—Signs to look out for

- Greater need for sleep
- Agitation or anxiety
- Loss of pleasure/interest in everyday activities
- Persistent low mood
- Less energy/fatigue
- Trouble concentrating
- Increased appetite/weight gain
- Becoming less sociable

How can you minimise the effects of SAD?



- Try to get as much sunlight as possible during the day. If this is not possible, a 'light box' which emits light similar to that of the sun might help
- Include more vitamin D in your diet by eating vitamin-rich foods such as fish, oranges and eggs
- Try to exercise for 30 minutes a day
- Take steps to manage your stress levels. Take a look at our **Steps to Positive Mental Health** guide (free at seafarerhelp.org/en/health-well-being/ship-materials) for some coping strategies
- If you're feeling low and need someone to talk to, you can contact **SeafarerHelp** for free. The helpline is confidential and all the contact details you need can be found at seafarerhelp.org

HOW TO... DO A DOWNWARD DOG STRETCH

This yoga pose focuses on hip and shoulder mobility, while stretching your hamstrings and muscles in your mid-back and shoulders.



- Start in plank position with shoulders directly over wrists
- Push your hips up towards the ceiling so you form a triangle with your body. Keep your head between your arms and straighten your legs as much as possible
- Reach your heels towards the ground and spread your fingers so your body weight gets distributed evenly through the hands and feet

Make it dynamic: Continuously move between plank position and downward dog.

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
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Sources:

Make exercise more fun! huffingtonpost.com/entry/13-ways-to-make-exercise-fun-not-a-chore-us_58bd456ce4bofa65b844b5a9

Beat the winter blues—'Winter blues and seasonal affective disorder' by Alex Sandom/Sophia Bullard, UK P&I Club: ukpandi.com/knowledge-publications/article/winter-blues-and-seasonal-affective-disorder-141883/

How to... do a downward dog stretch: dailyburn.com/life/fitness/best-yoga-stretches/

