



# Training on Board Newsletter June 2016

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*If you have any ideas, stories or photos you want to share. Let us know, and we'll publish them.*

## TOP TIPS– 10 MINUTE WORKOUT AND STEALTH FITNESS

### Short on time? You can still be fit!

Minute 1-2: Warm up by gently jogging on the spot. Do some gentle knee bends whilst standing with feet hip distance apart. Then swing arms back and forth around the body in every direction whilst marching on the spot.

Minutes 2-4: Jumping jacks

Minutes 4-6: Our favourite– squats! Try to do as many as you can whilst keeping good form (see the website or [April's newsletter](#) to learn how to squat correctly)

Minutes 6-8: Press ups, either full press ups or knee press ups, as many as you can

Minutes 8-10; Cool down using the same moves you warmed up with. Take some extra time to stretch if possible.

You can fit stealthy exercises in throughout the day too– passing a rail? Do press up or pull ups (if it's safe to do so). Challenge yourself to do 10 squats whenever you take a bathroom break! Got a spare 30 seconds? Jumping jacks! Walking up stairs? Really squeeze your leg and bum muscles as you walk up, and if you've time, do step ups. It all adds up to a fitter you.\*

## WELLBEING

### FIGHT BACK ACHE WITH YOGA

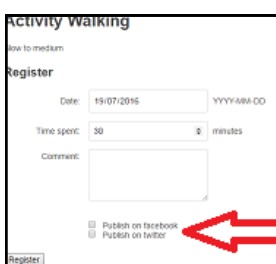
If you find your neck, shoulders or lower back ache after a shift, the ancient art of yoga could be helpful. Below are three poses to relieve tension in the back. Be sure to only go as far as is comfortable and feels good for your body. Don't forget to work each side of the body evenly. Keep lower back on the floor in the first two poses, and keep your pelvis slightly tucked under to protect the spine.



## GET THE MOST OUT OF TRAINING ON BOARD– WEBSITE TIPS

If you use [www.trainingonboard.org](http://www.trainingonboard.org) we have an idea for you!

Use the social share options after you've logged



a workout (these say 'post to Facebook / Twitter, see the picture for example) and challenge your friends and shipmates to beat you? You could have a prize for best on board!

## SKINCARE FOR SEAFARERS

- Always wear protective gloves when dealing with chemicals, and use barrier creams for other work.
- Use an emollient cream in the shower and a moisturiser afterwards.
- Use sunscreen daily– sea winds can make it seem cooler than it is and sunburn is painful and can lead to cancer.
- Keep calamine lotion or hydrocortisone cream if you suffer from prickly heat on hot voyages.
- Treat insect bites with antihistamine creams.
- Clean any scratches or cuts immediately however small, to prevent infection.

\* Please take care when performing exercise and work within your limits. If you're concerned about an injury or body pain, consult a medical professional before starting any new exercise  
Yoga poses from [www.goodhousekeeping.com](http://www.goodhousekeeping.com).