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TRAINING ON BOARD NEWSLETTER

Welcome to your next issue of Training on Board, packed with workout ideas and health tips for seafarers!



P.1 3 fitness questions answered by experts



P.2 How to... Work out if you only have 10 minutes

3 FITNESS QUESTIONS ANSWERED BY EXPERTS

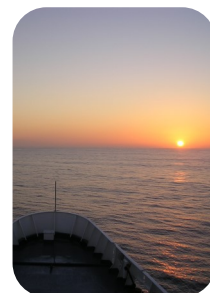
Source:

myfitnesspal BLOG

1. IS MORNING REALLY THE BEST TIME TO WORK OUT?

'When it comes to working out, there is no specific time that is perfect. The answer depends on who and what kind of person you are. If you're a morning person, then morning workouts might fit in better with your schedule. If not, find a time that you can stick to keeping. What it really comes down to is finding a realistic, consistent schedule that sticks.'

— Chris Cooper, NSCA certified personal trainer



2. WHAT CAN I DO IF I JUST DON'T HAVE THE ENERGY TO EXERCISE?

'Not having energy to exercise is common and sometimes complicated. For example, day-to-day stress and family responsibilities can easily overwhelm us. Sometimes lack of energy may even be due to medical reasons like hypothyroidism. Another hurdle to being more physically active is thinking exercise must be intense and exhausting for effectiveness. It doesn't. Some research finds even 5 minutes of walking can have health benefits. Bottom line: Start where you are and do what you can do. Any activity will be better than none at all.'

— Melody L. Schoenfeld, MA, certified strength and conditioning specialist

3. WHAT CAN I DO TO GET RID OF MUSCLE SORENESS FASTER?

'What makes you sore after exercise is most likely due to the fact that when you work your muscles, you're causing micro-damage to the muscle cells. The soreness is the repair mechanism at work. The best thing you can do for it is the following:

- Movement is very helpful and also encourages blood flow. Take walks, move your spine and joints around and do some gentle stretching if you like.
- Use heat to help bring blood flow to the area, which will help transport what is needed to repair your body. Epsom salt baths might help as well.
- Get enough rest and high-quality sleep to optimize the repair cycle.'

— Joe Cannon, MS, certified strength and conditioning specialist and a NSCA certified personal trainer



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.



HOW TO... WORK OUT IF YOU ONLY HAVE 10 MINUTES

Source:

 myfitnesspal **BLOG**

Super short workouts can still be beneficial, but they need to be intense. You need to make the most of your 10 minutes, aiming to burn a significant amount of calories in a short amount of time.

Why are short workouts worth it?

Research has shown that short, intense bursts of training can help reduce abdominal fat and provide similar metabolism-boosting benefits to longer, steady-state training sessions. They can also improve mitochondria (your muscle cells' power generators), cardiovascular health and may even slow the aging process.

When are short workouts not worth it?

1. When you're exhausted – if you're stressed and haven't slept, having a 15-minute nap instead of doing a workout can make a big difference. Your body needs recovery to gain the benefits of working out.
2. When you're really sore – you don't have enough time to warm up or cool down properly in a 10-15-minute workout, so use that time just to stretch instead.

What workout should you do?

If you only have time for one mini-workout per week, your goal should be to target the entire body. Try this total body circuit, completing all the exercises in set A before moving onto set B then set C. Complete sets A – C three times.

TOTAL BODY CIRCUIT



10 SQUATS

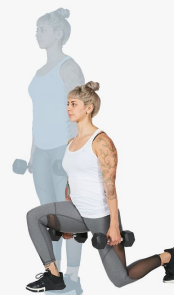
A



10 SQUAT JUMPS

B

1 ROUND PER LEG



10 REVERSE LUNGES



5 REVERSE LUNGES INTO A HOP

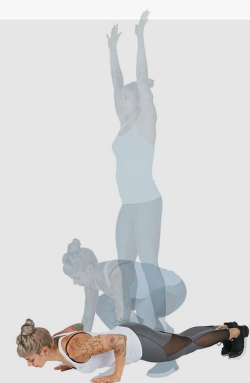
C



10 PUSHUPS



10 SALUTE PLANKS



10 BURPEES WITH A PUSHUP
(if you can't do a burpee, do a mountain climber)

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photos@iswan.org.uk

Sources:

3 fitness questions answered by experts: blog.myfitnesspal.com/10-faqs-answered-by-fitness-experts

How to... Work out if you only have 10 minutes: blog.myfitnesspal.com/if-you-only-have-10-minutes-to-work-out-should-you

