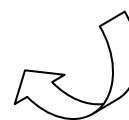




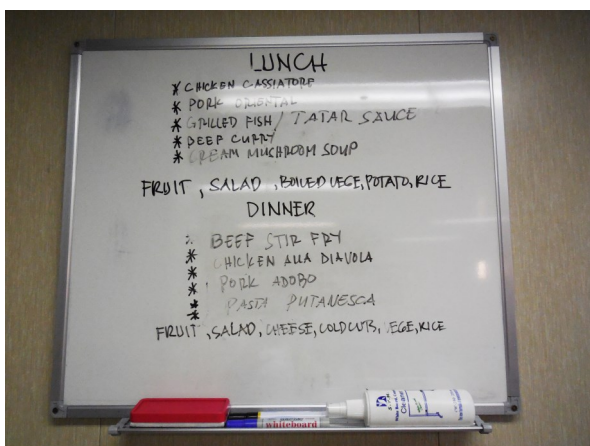
Training on Board

Welcome to [Training on Board's](#) February newsletter. This issue suggests ways you can exercise on board without any specialised equipment. Don't forget our [website](#) is packed with even more tips to maintain a healthy seafaring lifestyle.

Let's get stretching



Don't have access to weights? You can always use filled water or soda bottles instead. Test out some stretches with a smaller 500ml bottle and work your way up to 1 litre. Develop your upper body strength by taking one bottle in each hand and holding them at arms' length, whilst bending your knees. Then, straighten your legs and lift the bottles above your head. Hold each pose for a short time. Try to develop your endurance by building up from 10 seconds to longer.



Do you have tips to share about objects you use to work out on board? Email us at

training@iswan.org.uk

What are your favourite healthy meals on board? We asked our Facebook fans:

“Vegetarian koroma”

“Dried fish”

“Salad”

“Labscau— a meal with potatoes, onions and corned beef”



[Tweet us your favourite workout and post-workout meals](#)



[Like us on Facebook for more seafaring news](#)

Spotlight on... Vitamin D



Why do we need Vitamin D?

- It's necessary for the uptake of calcium and formation of bone tissue
- It's needed to maintain strong bones and healthy teeth
- It limits osteoporosis

Where can I find it?

In butter, meat, fish, milk and milk products, cheese and eggs. Vegetables such as cabbage, and yellow or orange fruit.

Good to know:

Vitamin D3 is produced in the skin by sunlight, it is recommended that people spend at least 15 minutes per day in the open air, to ensure that their bodies get the necessary amount of vitamin D3.

Resting Heart Rate

How to work out your resting heart rate:

Feel your pulse by resting your forefinger and middle finger on your wrist and counting the number of beats in one minute. That number is your resting heart rate. Your heart rate can vary depending on your activity, for example it will be quicker after exercise, but slower after sleep. Your resting heart rate is best measured when you first wake up in the morning.

What does a resting heart rate mean?

A normal resting heart rate for adults can range from 60 to 100 beats a minute. Generally, a lower heart rate when resting implies better cardiovascular fitness. For example, a well-trained athlete might have a resting heart rate of 40.



Small Changes Make a Difference



It is recommended that we reach 10,000 steps a day. A sedentary person may only reach 1,000 to 3,000 steps a day. If you have a pedometer or an app on your phone which counts your steps, you can keep track easily. An achievable goal would be to aim for 500 extra steps a day until you build up to the recommended 10,000. However, you can still make a difference without owning a pedometer. You can choose to take the stairs instead of the lift, or to take a ten to twenty minute stroll each day.

Would you like to feature in our next newsletter? Do you have a question related to health, or do you have workout tips to share? Let us know at training@iswan.org.uk