

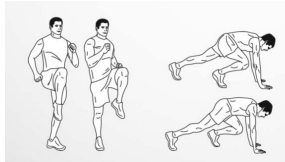
JAN/FEB
2019

TRAINING ON BOARD NEWSLETTER



www.trainingonboard.org

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



P.1 Start the New Year with a new daily workout



P.2 How to... Keep your New Year fitness resolutions

START THE NEW YEAR WITH A NEW DAILY WORKOUT

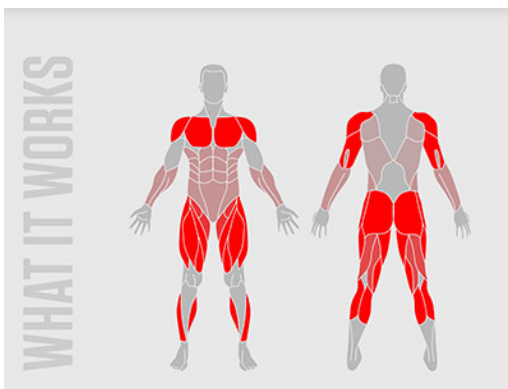
Source:



We are kicking off our first issue of 2019 with a new workout you can try for the New Year!

This is the perfect workout for those days when you are not sure what to do and know you really need to do something to work out. Use it as a filler, a routine, a go-to workout when you have nothing else to fire you up. It is suitable for beginners and will give you a full-body workout.

FOCUS	TYPE	DIFFICULTY
Full Body	High Burn Streamline	<div style="display: flex; justify-content: space-around;"><div style="width: 10px; height: 10px; background-color: black;"></div><div style="width: 10px; height: 10px; background-color: gray;"></div><div style="width: 10px; height: 10px; background-color: lightgray;"></div><div style="width: 10px; height: 10px; background-color: white;"></div></div> <input checked="" type="checkbox"/> suitable for beginners



DAILY WORKOUT

BY DAREBEE @ darebee.com
3 sets | up to 2 minutes rest between sets

 10 jumping jacks	 5 squats	 5 push-ups
 10 high knees	 10 climbers	 5 plank jump-ins

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... KEEP YOUR NEW YEAR FITNESS RESOLUTIONS

Source: 

It's that time of year again...time to focus on your New Year's resolutions. Many people begin an exercise program, but abandon it before Easter. However, you can increase your chances for long-term success if you follow these five simple tips to achieve your fitness goals:

1 DETERMINE YOUR READINESS



How likely you are to stick with your new fitness routine once you begin? You are more likely to succeed if you:

- Have confidence in your exercise ability
- Receive encouragement and support from those closest to you
- Participate in an enjoyable form of exercise

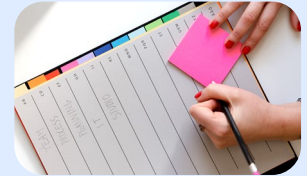
3 BRING A FRIEND

You may know someone who resolved to start exercising in the New Year, so begin your fitness journey together. It will increase your chances for success and you'll have more fun. An exercise partner provides you with a support system, a positive social experience and inspiration. There



will be times when you don't feel like working out and a partner can be just the motivation you need to get going.

2 CREATE A PLAN



Before you start your exercise program, answer three questions:

- 1st:** When will you exercise? If your shifts allow, identify three days and times that are convenient for you and stick with those days so you are working out at the same time each week
- 2nd:** What type of exercise will you do? The best type of exercise is one you enjoy. Don't worry about what everyone else is doing; pick an exercise that works for you
- 3rd:** How much time will you spend exercising? Start with as little as 10 minutes per session and slowly build up to at least 30 minutes per workout

4 TAKE IT EASY



Think of your resolution as a lifelong commitment to a healthier lifestyle. You are much more likely to be successful if you take it easy at the beginning. For instance, you may see people exercising at a very high intensity, but you should start with low-to-moderate intensity workouts. You may know people who train six days a week, but it is fine to start with three.

5 BE REALISTIC

Setting goals is a great idea, but make sure they are realistic and feasible. For example, a goal to lose 12 lbs by Easter is both reasonable and achievable, but aiming to complete a marathon by that date is unrealistic and potentially unsafe for new runners. Start slow (i.e. low intensity and duration), develop a solid foundation of fitness and then build upon that foundation as your fitness improves.

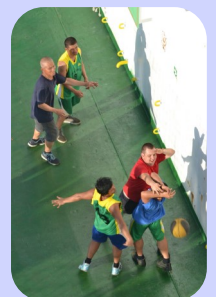


Photo: Evgeny Pershen

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
photos@iswan.org.uk

Sources:

Start the New Year with a new daily workout: darebee.com/workouts/easy-daily-workout.html

How to... Keep your New Year fitness resolutions: active.com/fitness/articles/5-tips-to-achieve-your-new-year-s-fitness-goals

