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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 How to... Avoid overeating after a workout



P.1 Up for a challenge?



P.2 Simple, do-anywhere workout

HOW TO... AVOID OVEREATING AFTER A WORKOUT

Source:
Health

Overeating after exercise could cause you to actually put on weight, so try these tips if you usually find yourself feeling hungry after a workout:

Work out right before a meal →

You can refuel with calories that you would have consumed anyway. If you're exercising in the morning, just have a small snack when you wake up then breakfast after your workout.



← Pair protein and carbohydrates

Try keeping to a 4:1 ratio of carbohydrates to protein if you do need to snack after a tough workout. This will help you replenish your energy levels and repair any muscle damage.

Refuel with low-fat dairy →

This is another great recovery food with plenty of protein to help keep you going until your next meal. Try low-fat chocolate milk.



← Don't overestimate

You may feel like you've burned thousands of calories, but research shows we tend to overestimate our energy expenditure during exercise. Try wearing a heart-rate monitor to make sure you consume fewer calories than you expend if you're trying to lose weight.

Drink water as soon as you've finished →

Replacing the fluids you've lost during a workout should be your top priority. Having lots of water in your stomach also reduces appetite a little. Just make sure you don't consume huge quantities – this can cause water intoxication due to excessively low levels of salt in the body.



UP FOR A CHALLENGE?

We have a few places left on our team for this year's **Royal Parks Half Marathon** in London, UK on Sunday 14th October! Can you run 13.1 miles and raise £400 in support of our work for seafarers' welfare? Find out more [here](#) or [e-mail us](#) if you're interested...

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.



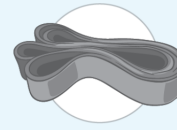
SIMPLE, DO-ANYWHERE WORKOUT

Source:  PrecisionNutrition

If you are working shifts on board or finding it hard to manage your normal exercise routine, you can use this simple 10-minute workout to stay in shape.

Move through each exercise in sequence, doing 5 reps of each exercise. Don't rest in between—you can rest 1-2 minutes at the end of the circuit. Repeat for a total of 2-4 circuits.

This is the only equipment you will need:



Resistance band
(length: 41",
width: 0.5-1.5")



Choose a weight that's
moderately challenging
(women: 15-30 lb, men 30-50 lb.)

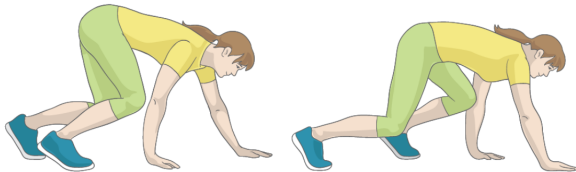
START HERE

1

BEAR CRAWL

Starting on all fours, push down with toes to bring knees off floor.

Keeping pelvis centered, "crawl" with right arm and left leg moving forward together, and vice versa. 10 seconds = 1 rep.

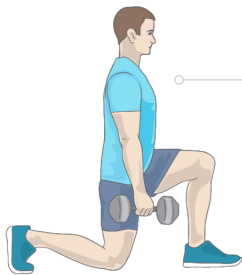


2

REVERSE LUNGE



Stand with feet shoulder-width apart, a dumbbell in each hand.



With chest high, abs engaged, and lower back neutral, step right foot back. Keep weight on forward heel and hips squared as you lower right knee until it's just off the floor and slightly behind your hip.

Drive weight into forward heel to return to start. Complete set for right leg, then repeat on the left.

3

PUSH-UP

Start in "plank" position, hands directly under shoulders and fingers forward.

Maintaining a straight line from head to heel, keep elbows in as you bend them to lower your body as far as you can without shoulders popping forward.



Squeeze shoulder blades together and down toward glutes as you lower, then allow them to spread fully apart at the top. Keep abs tight, tailbone tucked under and shoulders down away from ears.

4

SQUAT



Stand with feet shoulder-width apart, arms extended in front of you.



With abs engaged, ribs pulled down, and tailbone tucked under, push hips back and lower as far as you can, keeping feet straight and knees aligned with little toe.

Drive weight into heels and midfoot to return to start.

5

SINGLE-ARM DUMBBELL ROW

Keeping ribs down, abs tight, tailbone tucked, and weight through forward heel, pull dumbbell toward lower ribs while locking your shoulder blade inward and down.



Keeping ribs down, abs tight, tailbone tucked, and weight through forward heel, pull dumbbell toward lower ribs while locking your shoulder blade inward and down.



6

BANDED HIP EXTENSION



Stand with feet shoulder-width apart with resistance band looped behind neck and ends secured under feet.



Keeping abs engaged, ribs pulled down, back straight, and weight rooted through heels, push your hips back and bend at waist until you feel a slight stretch in hamstrings.

Return to start, keeping abs tight, ribs down, and tailbone tucked.

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:

How to... Avoid overeating after a workout: health.com/health/gallery/0,,20849625,00.html

Simple, do-anywhere workout: precisionnutrition.com/how-to-stay-in-shape-when-youre-busy-infographic

