

# TRAINING ON BOARD NEWSLETTER



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



P.1 Move to the music!



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## MOVE TO THE MUSIC!

Source: **REALSIMPLE**

In our last issue, we suggested listening to a playlist of energetic workout songs or your favourite dance tracks to make your workout more fun. If you liked the sound of that, there are other ways music can help when you're exercising:



The physical effects of listening to music can **improve your performance** in activities like power-walking, running and weightlifting



Music **acts as a distraction** so strenuous activities can seem easier than you might otherwise think







Lyrics like 'punch', 'cut' and 'push' can **reinforce aspects of a technique** in your workout



The beat of your music can also affect how you synchronise your workout and help you to keep pace. You can look up the beats per minute (BPM) on any song at [songbpm.com](http://songbpm.com).

Here are the ideal speeds you should look for:

 Warm-ups	100 - 110 BPM
Strength exercises 	110 - 120 BPM
 Endurance, speed and agility exercises	Higher than 120 BPM
Stretching 	90 - 100 BPM

Give it a try! Put together a playlist for your workout and get moving!

**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.

# TOP TIPS FOR CUTTING DOWN ON SUGAR

Sources: [myfitnesspal.com](https://myfitnesspal.com)



Thinking about reducing your sugar intake? Removing sugar from your diet can help boost your mood and jumpstart your weight loss, especially when it comes to losing stubborn belly fat.

Here are some simple ways you can eat less sugar on board:



Try halving the amount of sugar you put in things you eat and drink regularly, like coffee, tea and cereal, then reduce it bit-by-bit from there



Instead of adding sugar to things like porridge and yoghurt, add fresh or dried fruit for natural sweetness



Avoid condiments which contain a lot of sugar like ketchup, pickles, sweet chilli sauce and salad dressing and use alternatives like plain mustard instead of pickles, or olive oil and balsamic vinegar or a squeeze of lemon on salad



Drink water instead of sugary fizzy drinks and fruit juice – you can make it more interesting by adding slices of fresh fruit like lemon or orange



Prepare for your next voyage by packing non-sugar snacks like plain nuts and dried fruit

## HOW TO... TACKLE SUGAR CRAVINGS

It's not easy to give up sugar, and the abundance of chocolate and sweet treats available around Easter can make it even harder to resist!



Here are some tips for satisfying your sugar cravings:



### EAT REGULARLY →

...to keep your blood sugar level steady throughout the day. It's important not to get too hungry between meals so you don't search for a quick sugar fix. Make sure your meals contain a **healthy mix of protein and fibre** to keep you full and satisfied

### GO NATURAL →

Satisfy your sweet tooth with **naturally sweet foods like berries, apples, carrots and sweet potatoes**. These are packed with fibre so the sugar gets absorbed into your bloodstream slowly, avoiding the sugar high and crash that leaves you craving more sugar

### DON'T SKIP ON SLEEP →

When you're sleep-deprived, your body produces more of the 'hunger hormone' called **ghrelin** and you're also more likely to crave caffeinated sugary drinks

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E-mail us at [photos@iswan.org.uk](mailto:photos@iswan.org.uk)

Sources:

Move to the music!: [www.realsimple.com/health/fitness-exercise/scientific-ways-make-working-out-fun](http://www.realsimple.com/health/fitness-exercise/scientific-ways-make-working-out-fun)

Top tips for cutting down on sugar / How to... tackle sugar cravings:

[blog.myfitnesspal.com/5-ways-satisfy-sugar-cravings](http://blog.myfitnesspal.com/5-ways-satisfy-sugar-cravings) & [www.actiononsugar.org](http://www.actiononsugar.org)

