

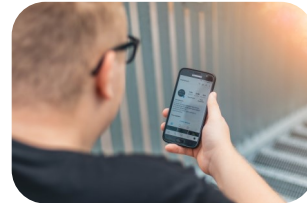


TRAINING ON BOARD NEWSLETTER

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



P.1 Why you should take a walk after dinner



P.2 Apps for onboard health and fitness

WHY YOU SHOULD TAKE A WALK AFTER DINNER

Source: myfitnesspal

Walking is a great low-impact activity for improving health and longevity. Here are two reasons why going for a short walk around your ship or out on deck after eating a heavy meal could be beneficial to you:



1. IT CAN AID DIGESTION

A study found that walking increased the rate at which food moved through the stomach.

Other research has found that walking after a meal may improve gastric emptying in patients with longstanding diabetes, where food may typically take longer to digest and empty from the stomach.

Individuals suffering from digestion problems and discomfort may also see some benefits from walking.



2. IT CAN HELP CONTROL BLOOD SUGAR LEVELS

Chronic high blood sugar can cause problems like damaged blood vessels, kidney disease and vision issues. It can also lead to insulin resistance and impaired glucose tolerance, which are risk factors for Type 2 diabetes.

A study found that walking for 15 minutes after a meal three times a day was more effective in lowering glucose levels three hours after eating compared to 45 minutes of sustained walking during the day.

Another study of individuals with Type 2 diabetes found that 20 minutes of walking post-meals may have a stronger effect on lowering the glycaemic impact of an evening meal compared to walking before a meal or not at all.

Source: **GET HEALTHY**

TOP TIP

Speeding up your metabolism helps you burn calories even when you're not exercising.

You can increase your resting metabolic rate by building muscle through strength training—muscle burns three to five times more calories than fat does.

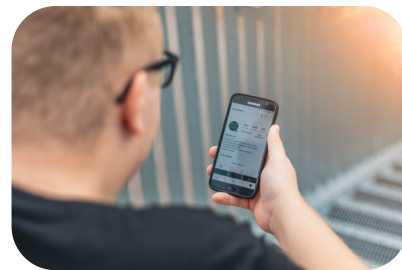
Try using: a resistance band, hand weights, your body weight (find an app to try on page 2)



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.

APPS FOR ONBOARD HEALTH AND FITNESS

Need a bit of inspiration for keeping fit and healthy on board? Here are some free apps you can try, and they all work offline so you don't need internet access on board to use them.



FOR ALL-IN-ONE USE: Argus ([Google Play](#) / [App Store](#))

This app includes video workouts and a calorie counter, heart rate monitor, sleep tracker, pedometer, and lots more. Perfect if you don't want to fill your phone with lots of apps for different things.



FOR BODYWEIGHT EXERCISES: Freeletics Bodyweight ([Google Play](#) / [App Store](#))

No equipment is required this app, which forms a fitness training program to help you lose weight, build muscle or simply get in better shape. It's adapted to all fitness levels and includes tutorial videos for perfect execution.



FOR STRETCHING & IMPROVING FLEXIBILITY: Daily Yoga ([Google Play](#) / [App Store](#))

A large library of yoga and meditation classes and courses (including beginner-friendly tutorials) in HD video, plus a selection of music tracks to accompany your practices.



FOR DIET & NUTRITION: MyFitnessPal ([Google Play](#) / [App Store](#))

A popular app to help you lose weight, tone up, get healthy, change your habits or start a new diet. It includes a database of over 11 million foods to track what you're eating, allows you to set goals and shows you your progress.



FOR STAYING HYDRATED: Waterlogged ([Google Play](#) / [App Store](#))

It's easy to lose track of how much water you're drinking but it's important to stay hydrated, especially if you are working in hot environments and or have a physically demanding job. This app helps you track your water consumption by day, week or year and you can save photos of your own drinking containers to make logging even quicker.



FOR MEDITATION, RELAXATION & SLEEP: Calm ([Google Play](#) / [App Store](#))

Apple's App of the Year 2017 containing guided meditation sessions, Sleep Stories, breathing exercises, Calm Masterclasses and relaxing music to help you experience less stress, less anxiety and more restful sleep.

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Sources:

Why you should take a walk after dinner: blog.myfitnesspal.com/why-you-should-get-up-and-walk-after-dinner

Top Tip: gethealthyu.com/invest-in-strength-training-and-increase-your-metabolism/

