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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!



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Christmas Workout



P.1 *How to...* Do a sit-up



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improve your cholesterol

FESTIVE FITNESS—A CHRISTMAS WORKOUT

Source:  the fit fork
FOR A BETTER BITE OUT OF LIFE

Keep fit this festive season with Santa's Six-Pack Challenge. Do you have photos of you or your crew working out on board? Send them to us at photos@iswan.org.uk and we'll share our favourites in our New Year issue!

Santa's Six-Pack Challenge

Jelly Belly Blasters

20x: Lie on back, legs flat to ground.
Slowly roll into sit-up & slowly back down.

Sleigh Sweepers

20x: Lie on back holding bar overhead. Swing legs pendulum-style so toes reach end of bar.

Peppermint Twists


20x: Hold weight out from chest, rotate torso from side to side.

Naughty & Nice Planks

Hold plank position for 1 minute; rest 15 seconds. Re-hold plank for 30 seconds.

Repeat 5x

HOW TO... DO A SIT-UP

Source: 

They may look simple, but make sure you are doing your sit-ups correctly to ensure they're effective and safe:



1. Place your fingertips at your ears, or rest your hands lightly behind your head, crossed on your chest or lying at your sides. The neck should be slightly flexed (head tucked forward) for less involvement of the back.



2. Concentrate on using abdominal strength to curl your upper body off the floor until you are upright in a semi-seated position. Exhale as you rise. Inhale as you lower back to the floor.



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.

 ISWAN

TOP 5 LIFESTYLE CHANGES TO IMPROVE YOUR CHOLESTEROL

Source:  MAYO CLINIC

Our helpline for seafarers, ISWAN's [SeafarerHelp](#), received a message from a seafarer on a container ship who needed some advice on coping with the high-fat, high-cholesterol food on board and how to control his weight gain.

High cholesterol increases your risk of heart disease and heart attacks. Medication can help improve your cholesterol, but if you'd rather first make changes to your lifestyle, try the five healthy changes below. You can also download our two-part special from [August](#) and [September](#) 2017 for tips on maintaining or reaching a healthy weight.



EAT HEART-HEALTHY FOODS

- Reduce saturated fats – found in red meat and full-fat dairy products – to reduce your 'bad' cholesterol*
- Eliminate trans fats, which are often used in margarines and shop-bought cookies, crackers and cakes
- Eat foods rich in omega-3 fatty acids – such as salmon, mackerel, herring, walnuts and flaxseeds – which have heart-healthy benefits like reducing blood pressure
- Increase soluble fibre – found in oatmeal, kidney beans, Brussels sprouts, apples and pears – to reduce the absorption of cholesterol into your bloodstream

EXERCISE ON MOST DAYS OF THE WEEK AND INCREASE YOUR PHYSICAL ACTIVITY

- Moderate physical activity can help raise your 'good' cholesterol*
- With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week
- Find an exercise buddy on board or join in group exercise like basketball to keep motivated



QUIT SMOKING

- Within 20 minutes of quitting, your blood pressure and heart rate recover from the cigarette-induced spike
- Within three months of quitting, your blood circulation and lung function begin to improve
- Within a year of quitting, your risk of heart disease is half that of a smoker

LOSE WEIGHT

- Carrying even a few extra pounds contributes to high cholesterol, but small changes add up
- Swap sugary drinks for tap water, snack on air-popped popcorn (but keep track of the calories), and if you crave something sweet, try sherbet or sweets with little or no fat like jelly beans
- Look for ways to incorporate more activity into your daily routine – take walks during breaks and increase standing activities



DRINK ALCOHOL ONLY IN MODERATION

- For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger
- Too much alcohol can lead to serious health problems including high blood pressure, heart failure and strokes

**'Bad' cholesterol (low-density lipoprotein) carries cholesterol to the cells that needs it but it can build up in the artery walls if there's too much for the cells to use – high levels raise your risk for heart disease and stroke. 'Good' cholesterol (high-density lipoprotein) absorbs cholesterol and carries it back to the liver for flushing out of the body – high levels can lower your risk for heart disease and stroke.*

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:

Festive Fitness—A Christmas Workout: thefitfork.com/three-running-gifts-under-tree-giveaway-santa-6-pack-wod/

How to... Do a sit-up: differencebetween.info/difference-between-crunches-and-sit-ups

Top 5 lifestyle changes to improve your cholesterol : mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/reduce-cholesterol/art-20045935

