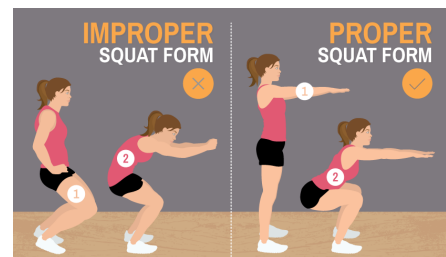


Hello fitness friends! Welcome to November's Training On Board news!

5 BODY WEIGHT EXERCISES TO DO IN A SMALL SPACE

- 1. Jumping jacks:** Warm up with these, and keep going until you're out of breath!
- 2. Rope skipping:** This is great for burning calories if you have a rope
- 3. Push-ups:** These use your arms, back and shoulders - just keep your body in a straight line and your elbows close to your sides
- 4. Squats:** Great for working your glutes and thighs. Engage your core and stand up tall. Keeping your back flat, sit back and down like you're sitting in an imaginary chair. Lower until your thighs are as parallel to the floor as possible, keeping your knees over your ankles, press through your heels, then come back to standing
- 5. Burpees:** A brilliant, calorie-burning workout for everything! Follow the steps below...



Don't forget, you can use the **Fitness Calculator** on our [website](#) to work out your fitness age and level of fitness, then track the changes as you exercise regularly...

Fitness Calculator	
<input type="radio"/> Female	<input type="radio"/> Male
Age	<input type="text"/>
How often do you exercise?	Never or less than once a ...
For how long exactly?	Up to 30 minutes
At what strength do you exercise?	Calmly - I don't get short ...
Waist circumference	<input type="text"/> Cm
Resting heart rate	<input type="text"/>
<input type="button" value="Save"/>	<input type="button" value="Read more"/>



Signs of dehydration include:

- ⇒ passing a small amount of urine which is dark in colour
- ⇒ having a headache
- ⇒ feeling tired and weak
- ⇒ confusion
- ⇒ mood swings
- ⇒ dry lips

HAPPY AND HYDRATED

Water is vital for your body to carry out many processes like controlling your temperature and it keeps your skin healthy.

It's important to keep your body's water levels topped up, or you can become **dehydrated**. This can happen when you are losing more water than usual, such as through sweating a lot, being ill with vomiting or diarrhoea, or simply by not drinking enough.





You should be drinking at least 1.5 litres of water each day!

This is around 6-8 glasses, and although water is best, you can also drink **squash, milk, fruit juices** and **tea**, but bear in mind that these contain sugar! You can make water more exciting by adding **slices of lime, orange, lemon or even cucumber**.




RISE AND SHINE, IT'S BREAKFAST TIME!

Breakfast is undoubtedly the most important meal of the day, providing your body and brain with the fuel they need to start the day after an overnight fast.

What are the benefits?

-  **Breakfast delivers 20-25% of the total energy for that day**
-  People who eat breakfast are less likely to be overweight than those who skip it
-  **Eating breakfast every day improves memory, concentration levels, mood and lowers stress levels**
-  Long term, it can reduce obesity, high blood pressure, heart disease and diabetes

What should you eat?

-  **Carbohydrates like bread, grain products and rice are great sources of energy. Wholegrain options help keep you fuller for longer**
-  Skimmed and half-fat milk and milk products are good sources of protein
-  **Fruit should be eaten several times a day, so breakfast is a great time to start! This can include 100% fruit juice**



FITNESS TALK WITH A SEAFARER

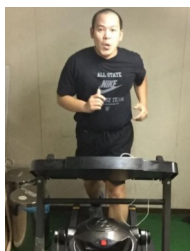
Shane, a Captain from the Philippines, won a Fitbit in our August competition. He chatted with us about his own training on board:

How do you try to keep fit and healthy on board?

I keep fit and healthy on board by eating healthy foods, do regular exercise and have enough sleep.

As a seafarer, what things make it difficult to train?

Sometimes too tired and sleepy after a long pilotage or manoeuvring during late night and early hours which makes you miss your scheduled exercise. And also when experiencing vessel rolling or rough weather during sea passage.



How often do you exercise?

Three times a week.

What is your favourite healthy meal or snack?

Fruits and nuts.

What is your favourite thing about Training on Board?

The Fitness Calculator.

How do you think your new Fitbit will help your fitness on board?

With it, I can now always monitor my heart rate and calories burned during exercise and while working.

What is your favourite way to relax at the end of a hard day's work?

I usually spend my free time on reading books and watching movies at the end of the day as a way to ease my nerves.

What top tips on keeping fit and healthy would you give to other seafarers?

Eat healthy and avoid too much intake of sweets, fatty, salty and junk foods. Quit smoking and lessen the intake of alcohol. Do regular exercises and have enough rest.



Want to be featured in this newsletter and on our website?

Tell us about your workout of the day or how you got fit, and we'll write it up and share it. You could inspire someone else to start getting fit and healthy too! Email training@iswan.org.uk