



2. TRAINING ON BOARD NEWSLETTER

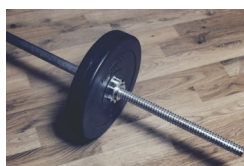
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Welcome to your next issue of Training on Board, packed with workout ideas and health tips for seafarers.

This issue is the second of a two-part special to help you reach or maintain a healthy weight, so whether you're aiming to lose a few pounds or simply want to keep up a healthy lifestyle, read on...



P.1 5 common mistakes when trying to lose weight



P.2 Best onboard workouts for weight loss



P.2 TOP TIP: Food tracker apps

5 COMMON MISTAKES WHEN TRYING TO LOSE WEIGHT



1. Only focusing on the scale weight

The number on your scales is only one measure of weight change, and weight can be influenced by many things like water retention, how much food remains in your system and muscle mass gain.

Measure your waist with a tape measure and take monthly pictures of yourself as well.



2. Choosing low-fat or 'diet' foods

Many of these are loaded with sugar to improve their taste, and they may make you feel hungrier which means you end up eating more anyway.

Choose a combination of nutritious, minimally-processed foods instead.



3. Not lifting weights

Weightlifting or resistance training can help boost your metabolic rate, increase muscle mass and promote fat loss (including belly fat)—see page 2 for more.

Combine aerobic exercise and weightlifting for the best weight loss results.



4. Not eating enough protein

Protein can reduce appetite, increase feelings of fullness, decrease calorie intake, increase metabolic rate and protect muscle mass during weight loss.

Make sure each of your meals contains a high-protein food, such as eggs, milk, nuts, lentils, oats, chicken breast or tuna.



5. Still drinking sugar

You might have cut soft drinks and other sweetened drinks out of your diet, but even 100% fruit juice is loaded with sugar. These liquid calories don't affect your appetite in the same way as solid foods, so you may end up consuming more calories overall.

Water is the best thing to drink—make it more exciting to drink by adding slices of lime, orange, lemon or cucumber.

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.



BEST ONBOARD WORKOUTS FOR WEIGHT LOSS

As a seafarer, it can be difficult to exercise when you don't have a fully-stocked gym, pool or large open space for running. Here are three of the best workouts you can do on board to lose weight:

1.

INTERVAL TRAINING

Interval training makes your heart rate spike then come down repeatedly. This keeps your heart rate elevated and boosts your metabolism, which is when you burn more calories.



Try the 10-minute lower-body cardio workout below—its pyramid set-up increases in intensity and duration with each round so you will get tired. However, you can modify it to suit your personal fitness level, e.g. only do 15 seconds of each interval and take breaks when you need them.

10-MINUTE LOWER-BODY WORKOUT

-
1. 30 seconds (secs) of bodyweight squats
 2. 30 secs of rest
 3. 30 secs of bodyweight squats + 30 secs of squat jacks
 4. 30 secs of rest
 5. 30 secs of bodyweight squats + 30 secs of squat jacks + 30 secs of jump squats
 6. 30 secs of rest
 7. 30 secs of bodyweight squats + 30 secs of squat jacks + 30 secs of jump squats + 30 secs of fast feet
 8. 30 secs of rest
 9. 30 secs of bodyweight squats + 30 secs of squat jacks + 30 secs of jump squats + 30 secs of fast feet + 30 secs of burpees

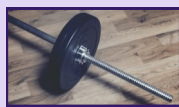
Doing the moves correctly is more important than doing as many repetitions as possible. See [this article](#) for the correct techniques.



2.

WEIGHT TRAINING

Lifting weights has been shown to increase your metabolic rate, which means you'll continue to burn calories even after you finish working out (known as the 'afterburn effect').



Try adding weight training to your routine at least three times a week, mixing up the workouts to keep your body guessing. Keep an eye on future newsletter issues where we'll give you some examples of weight training workouts and explain how to select the right weight for you...

3.

JUMPING ROPE

Jump ropes are cheap, portable and easy to use...just make sure you have enough room to swing your rope and don't do it barefoot! After just a few minutes you will feel your heart racing.



Try this speedy routine:

1. Warm up with a **light 3-minute skip** with the rope
2. Do **100 traditional jumps** (both feet leave the floor at the same time, and no extra hops in between)
3. Once you finish, immediately do **100 jump rope sprints** (like regular rope-jumping but at a quicker pace)
4. **Repeat** steps 2 and 3, but follow this format for the number of jumps: **50/50, 21/21, 15/15, 9/9**
5. If you want more, **work your way back up the ladder** until you reach 100/100 again



TOP TIP

A healthy diet is just as important as exercise when you're trying to lose weight. Monitor your calorie intake or healthy eating progress with a food tracker app—you can download these apps for free when you're ashore then use them offline at sea:

MyFitnessPal—Calorie Counter ([iOS](#)/[Android](#))

Nutritionist+ ([iOS](#)/[Android](#))



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E-mail us at idrett@sdir.no if you have questions to the Norwegian seamen's service

Sources:

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