



5. TRAINING ON BOARD NEWSLETTER

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



P.1 Good stress v bad stress



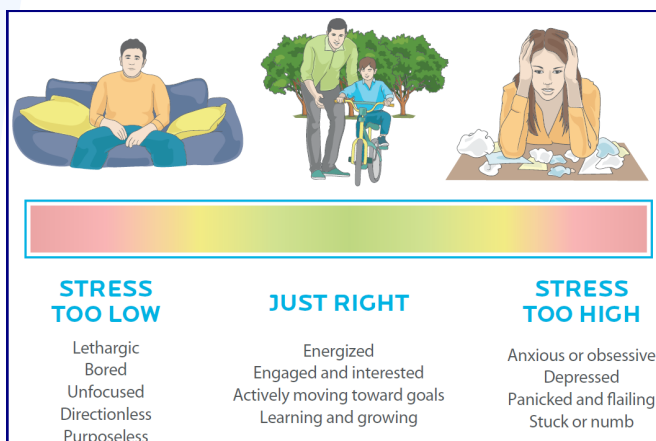
P.1 Boost your nutrient intake!



P.2 Give Tabata a try...

GOOD STRESS v BAD STRESS

Too little stress keeps you from reaching your potential, but too much stress can harm your health.
Where on the scale are you?



Here are some ways you can reach your potential without crashing and burning:

For inspiration and energy:



1. Set challenging but realistic goals
2. Start each day with an action plan
3. Track your progress

For rest and recovery:

1. Make time for feel-good activities like listening to relaxing music, yoga or slow stretching, and laughing!
2. Meditate to improve concentration, cardiovascular and immune health, and emotional regulation
3. Go outside to lower your stress hormones and heart rate, and improve mood and immunity



BOOST YOUR NUTRIENT INTAKE!

Are you getting all the goodness you need from your food? Follow these top tips for improving your nutrient intake:

1

Eat at least 5 fist-sized portions of fruit and vegetables every day

2

Choose a **wide variety** of whole foods—the fresher and more colourful, the better

3

Try to eat most vegetables **raw or lightly cooked**

4

Pair foods to maximise nutrient absorption, for example:
Foods containing iron (like spinach, kale, soybeans or lentils) + **foods containing vitamin C** (like a slice of lemon or chopped chilli peppers)



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.

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GIVE TABATA A TRY...

Tabata is a form of high-intensity interval training (known as HIIT), which works on the basis that working out in four-minute high-intensity intervals is more beneficial than 60 minutes at a moderate pace.



Tabata training will mentally and physically push you to your limit—if you do this workout correctly, you should feel completely exhausted and find it nearly impossible to finish the final interval!

Before you start, do a 5-minute, full-body warm-up with a combination of exercises like walking lunges, side bends and push-ups to engage the muscles you will use in your workout.

TABATA WORKOUT

1. Select your fitness level.
2. Choose the type of workout you want to do.
3. Complete 20 seconds of the exercise at your maximum intensity.

20 Seconds Work + 10 Seconds Rest x 8 sets
Total = 4 minute workout

	Beginner	Intermediate	Advanced
Cardio	 Jump Rope	 Cycling	 Indoor Rower
Core	 Crunches	 Stationary Plank	 V-Ups
Weight Training	 Squats	 Romanian Deadlifts	 Hang Clean
Upper Body	 Push Ups	 Tricep Dips	 Chin Ups
Lower Body	 High Knees	 Lunge Jump	 Box Jumps
Full Body	 Jumping Jacks	 Burpees	 Kettlebell Swings

Newsletter produced by ISWAN – visit www.seafarerswelfare.org for more information



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

Sources:

www.precisionnutrition.com/good-stress-bad-stress-infographic
www.precisionnutrition.com/10-ways-to-get-the-most-nutrients
www.ereplacementparts.com/blog/the-benefits-of-tabata-workouts/

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