



## Ask our experts

### *How often should I exercise?*

You should exercise 20 to 60 minutes, three to five days a week for health/fitness promotion. Exercising only three days a week may be enough to begin to improve your fitness if you were not very active before, but it will take more exercise to see further improvements. Improvements in aerobic power (VO2 max), cholesterol levels, body composition and cardiovascular health are all augmented the more often you exercise. However it is important that you do not progress onto a harder regime too soon, or exercise excessively since both these behaviours can lead to overuse injuries

## The Importance of Setting Goals

It's important to set yourself realistic and attainable goals. Why do you want to exercise? Is it to look better? To be able to walk upstairs without getting out of breath? Depending on what you're aiming for, choose training that matches— if you want to become more flexible, try stretching, or improve your cardiovascular system, try running. Choose a timeframe, and set goals accordingly. For example you might decide you want to be able to do a hundred push ups, so you set a goal of ten by the end of the first week, fifteen the next and so on.

Goals should be :

- specific rather than general
- challenging but achievable
- divided into short-term sub-goals

Select your goals based on your current fitness, and also the area you have to exercise in. If you don't have a gym onboard, think where onboard you can work out. Can you do weight exercises with tins in your cabin? Step ups on the stairs? Be creative with your goals!

## Exercise of the month

### *Resistance band seated row*

This exercise is great for working the back and arms.

- Sit on the floor with your legs in front of you, slightly bent.
- Loop the band around the soles of your feet, cross it in front of you and hold one end in each hand.
- Start with your arms straight in front of you, pointing at your toes
- Pull back so you bend your elbows and your hands meet your chest
- Return to the starting position
- Complete three sets of 10 to 12 reps or use as part of a circuit



## Cooks corner

### *Healthy snacks*



It's very easy to slip into bad habits when it comes to snacking. You're tired, you're hungry, and there are crisps and chocolate bars and cans of soda...these fatty, sugary treats won't keep you going long, and they'll pile on the pounds. It can be hard to keep fresh food for long on board, so here are some ship friendly alternatives that will power you up without fattening you up!

- Dried fruit will keep on board, and you can now get dried veg too!
- Nuts— go for unsalted options, but nuts have good fats, fibre and protein in, and will keep your energy levels up
- Swap potato chips for popcorn or seaweed snacks, although watch the salt levels!
- Rice cakes can be topped with nut butters, dried coconut, and dried fruit for a sweet but nutritious snack. Or you can try them with a savoury topping.

*If you have any ideas, stories or photos you want to share. Let us know, and we'll publish them.*

[www.shipshapehealth.com](http://www.shipshapehealth.com) or

[www.trainingonboard.org](http://www.trainingonboard.org)