



Ask our experts

What are the most common beginner workout mistakes?

- **Doing too much too soon:** Number one error, is pushing yourself to do more than you're ready for. Your body takes time to adapt so make sure you build up to regular workouts over time, and gently.
- **Not listening to your body:** Some soreness is expected when you have done a workout, but if you get sharp or stabbing pains during a routine, or severe pain after, stop and re-assess your workout.
- **Bad form:** Incorrect alignment means you are working the muscles in a way that will can cause injuries in the long run.

Exercise of the month

BURPEES!

A fantastic all over exercise that uses a range of muscles, including abdominals, legs, arms and bottom.

Stand with hands by your side legs shoulder width apart. Squat down and put your hands on the ground in front of you. Thrust your legs straight out behind you into a push up position. Jump both legs back in to squat position. Jump straight up with your arms stretched upwards.

This is one repetition. Repeat 15 times .

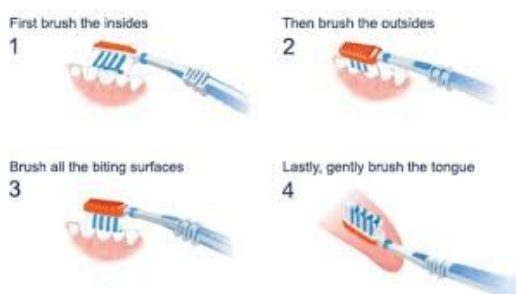


Dental care at sea

New research shows that over 40% of seafarers do not have a full set of natural teeth! Published in the International Maritime Health Journal, the study says excessive snacks, high levels of smoking and alcohol intake, and poor oral hygiene are affecting seafarers' dental health.

Only 40% brushed their teeth twice a day, which is essential for good oral health. With no dentist on board, you might end up evacuated to shore for emergency dental treatment. Here are some ways to look after those teeth!

- Change your toothbrush every 3 months, or sooner if it looks worn or dirty.
- Brush your teeth twice a day, floss once a day and consider using mouthwash
- When ashore, visit your dentist at least twice a year for check ups.



Cooks corner

25 Healthy Snacks!

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|---------------------------|---------------------------|
| 1) Air popped popcorn | 14) Frozen mangos |
| 2) Non fat cottage cheese | 15) Sunflower seeds |
| 3) Hard boiled eggs | 16) Soy chips |
| 4) Hummus | 17) Bean salad |
| 5) Peanut butter | 18) Tuna |
| 6) Fruit smoothies | 19) Sliced chicken breast |
| 7) Almonds | 20) Pickles |
| 8) Sliced apples | 21) Olives |
| 9) Frozen grapes | 22) Sugar free jelly |
| 10) Orange slices | 23) Non fat yoghurt |
| 11) Broccoli florets | 24) Frozen yoghurt |
| 12) Green salad | 25) Protein bars |
| 13) Cherry tomatoes | |



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

www.shipshapehealth.com or www.trainingonboard.org