



Training on Board Newsletter August 2016

Find us on Twitter



www.trainingonboard.org



Find us on Facebook

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

Hello fitness friends! Welcome to August's Training On Board news! We've 2 pages for you this month, so enjoy!

HOW TO START STRENGTH TRAINING

Strength training is excellent to develop physique, help keep your bones healthy, and many top health experts recommend doing it 2-3 times a week. New to strength training? We've some tips to get your started.*



- 1) The first thing to do is to decide when you are going to train and stick to it! Your time may be limited but dedicating even a short workout a couple of times a week will make a big difference!
- 2) No equipment on board? Use your bodyweight! We have an article on this for beginners [here](#)
- 3) Before you begin to use weights, make sure you can do the moves with good form. For example, if you're planning to use a barbell for squats, practice with a broomstick to get your position right.
- 4) You don't need fancy equipment to get started. You can use your bodyweight, or we've linked to two good beginner weight programs below that just use free weights.
- 5) [Basic dumbbell workout](#)
- 6) [Basic barbell workout](#)
- 7) The amount of repetitions (reps) you do will have a different effect if you're using weights. Use heavier weights if you are doing fewer reps, but still work within your limits. You should feel fatigued by the last rep. Reps in the 1-5 range build super dense muscle and strength. Reps in the 6-12 range build a somewhat equal amounts of muscular strength and muscular endurance.. Reps in the 12+ range build muscular endurance and size

WIN A FITBIT CHARGE WITH TRAINING ON BOARD!



We are giving all our Training On board users the chance to win a Fitbit charge, worth £99!

The Fitbit Charge tracks your steps, monitors your sleep, checks your heart rate, records your workouts and has lots of other super useful features to help you keep moving and stay fit!

All you have to do is complete our survey about Training On Board. We want to use the information we collect to improve the website. Follow the link below, and good luck!

<https://www.surveymonkey.co.uk/r/QTPNBSX>

BUDDY UP!

Having an exercise friend who you workout with can help keep you motivated, and mean you don't give in to temptation and miss a workout! Here are some guidelines to follow to help make having a workout buddy a great experience for you both.*

1 Don't break a date: You are as much responsible for motivating them as they are you. Not showing up is unfair on both of you. So pick a date and time, and then stick to it.

2 Aim higher, but not too high. Training with someone better than you are can make you work harder, although if you are too mismatched it can be difficult. Ideally you want someone slightly fitter than you but with a level that you can easily achieve. You don't want to be with someone so far ahead that you feel guilty about holding them back.

3 Be honest Writing down your goals can help you to keep motivated, but you also need to monitor your exercise, reflect honestly on how it is going – and be willing to adapt if one of you is finding it too hard, too easy or not enjoyable.



4 Choose carefully Not all of your friends will make a compatible buddy. They need to have the same style as you in terms of aims. They should be positive and friendly, and most of all they need to be committed.

5 Set your social bar Do you want to spend time talking during your run or your workout? Does your buddy prefer to catch up before or after? Exercising together should definitely be sociable, but establish the rules of engagement beforehand.

6 Keep it friendly Healthy competition is part of the pleasure of keeping fit with a friend, but the idea is to exercise with them, not battle to the death! Most of all, have fun!

HOW TO– COMPETE USING TRAINING ON BOARD!

Did you know you can compete with other ships and other users with Training On Board?

On the first page you see when you use the website, the home page, the top 5 highest scoring ships are listed. These are the ships that currently have the highest workout scores of their crews. The ship's score is created using the average points score of all crew members – so ships with lots of crew don't get an unfair advantage over smaller ships that might be working just as hard!

Make sure everyone on your ship logs their points, and see if you can make it onto the leader board!

You log your training activities under “my workouts” (www.trainingonboard.org/dashboard). You'll need to make sure you've put which ship you belong to in your profile under account settings (www.trainingonboard.org/account)

Want to compete against your crewmates? Why not appoint yourself as team leader, and check everyone's scores each week to see who has done best – no cheating now!



Want to be featured in this newsletter and our website? Tell us about your workout of the day! Or how you got fit. We'll write it up and share it, and you could inspire someone else to begin to get fit and healthy too!
Email training@iswan.org.uk