

**AUGUST
2017**

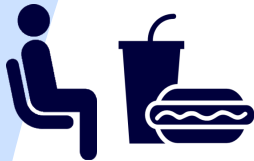
TRAINING ON BOARD NEWSLETTER



www.trainingonboard.org

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

This issue is the first 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 Why does weight matter?



P.1 Calculate your BMI



P.2 Diet + exercise = more effective together!

WHY DOES WEIGHT MATTER?

If you are overweight, you are at greater risk of dying prematurely from chronic health problems. Being overweight can lead to problems such as diabetes, coronary heart disease and certain types of cancer.

When you're on board, the two main factors that increase your risk of being overweight are:



1

**LACK OF
PHYSICAL ACTIVITY**
Daily tasks change and
life can be more
sedentary



2

OVER-EATING
Over-intake of
carbohydrates, e.g. high intake
of drinks containing added
sugars and large portion sizes



CALCULATE YOUR BMI

You can find out if your weight is in proportion to your height by calculating your Body Mass Index (BMI):

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height} \times \text{Height (m)}}$$



EXAMPLE

A person weighing 81kg with a height of 1.8m:

$$\text{BMI} = 81 \div (1.8 \times 1.8) = 81 \div 3.24 = 25$$

BMI	Indicates that a person is...
Below 17.5	Underweight
17.5 — 24.9	Normal weight
More than 25	Overweight
Above 30	Obese

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.



DIET + EXERCISE = MORE EFFECTIVE TOGETHER!

When you're trying to lose weight, a combination of diet and exercise works better than diet or exercise alone. Try this...



DIET

Recommended calories per day:

Men = 2,500 kcal

Women = 2,000 kcal

(Note: This is affected by weight, age, gender and physical activity)

If your BMI is: ...you should: × -
÷ +

17.5 — 25	Monitor your weight and keep an eye on whether your clothes start to feel tighter
25 — 30	Reduce your daily intake by 250 kcal and increase your physical activity by 250 kcal (see right)
30+	As above and eventually reduce your intake by more

TOP TIPS!



Cut out fried foods where you can

Keep your portion sizes in check



Stop drinking fizzy/sugary drinks

Drink plenty of water



For more tips on healthy eating, read our [Healthy Food](#) guide for seafarers

EXERCISE



30 mins per day

Health benefits for those who do not need to lose weight

45 mins per day

Can stop you gaining weight



60 mins per day

Can stop you gaining weight and help you start to lose weight

90 mins per day

For people who were obese and are trying to maintain a normal weight

HOW MANY CALORIES CAN YOU BURN?



The table of activities below shows the number of calories burned in 30 minutes by people of three different weights:

	57kg person	70kg person	84kg person
Weight lifting	90	112	133
Stretching/yoga	120	149	178
Moderate cycling, stationary	210	260	311
Game of basketball	240	298	355
Running, treadmill (5mph)	240	398	355

For more tips on keeping fit on board, read our [Fit on Board](#) guide for seafarers

Good luck, and make sure you look out for part two of our healthy weight special next month for more healthy diet and workout suggestions...

Want to be featured in this newsletter and on our website?

Any ideas, photos or stories you'd like to share?



E-mail us at training@iswan.org.uk

Sources:

Seafarers Health Information Programme: [Overweight](#)

www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities

