

# Diet & Exercise

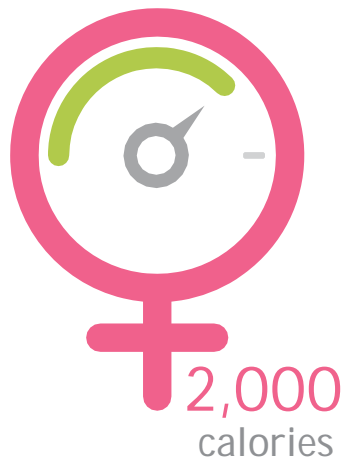
**Obesity has become a big problem for many seafarers with poor diet and lack of exercise being the main causes.**

Many are eating more than they need to and it is often the wrong type of food and not being able to burn off the calories leads to them piling on the weight.

Eating and drinking more calories than we need to can cause many different health problems including increased risk of diabetes, heart disease, stroke, back problems and even some cancers.

## How much should you eat?

As a general rule the average a man needs around 2,500 calories a day and a woman 2,000 calories a day to maintain a healthy body weight.



*Cut down on caffeine*

No more than 4 cups of coffee a day



*Don't skip meals, particularly breakfast*



*Drink 8 glasses of water a day*



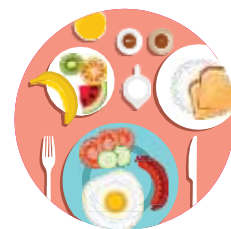
*Try to avoid high fat food (especially saturated fat) and sugar*



*Reduce fried foods*



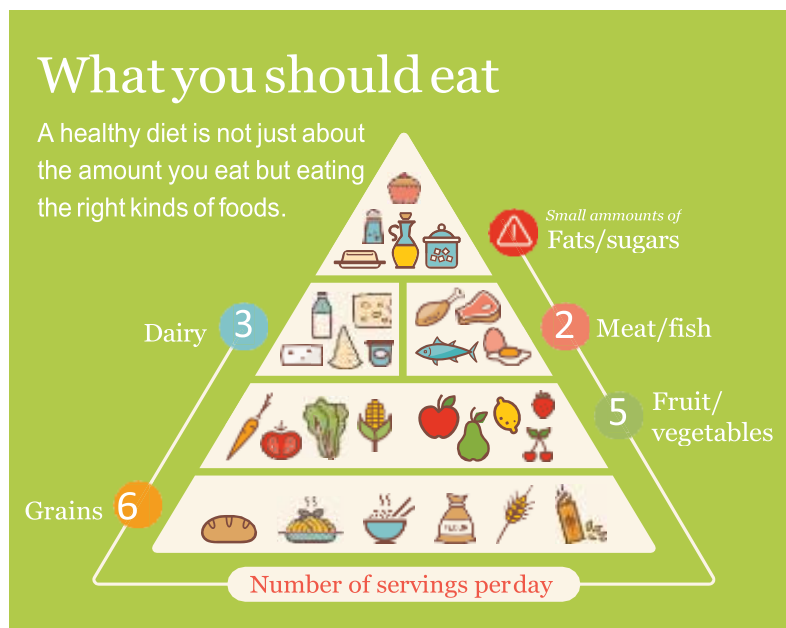
*Eat fruit or nuts as a snack and avoid high fat snacks*



*Eat sensible portions*



*Eat at least 5 portions of fruit and vegetables a day*



# Exercise

Exercise is important not only for keeping fit and preventing health problems, but also in helping to stay mentally healthy and avoiding fatigue.

Adults should do at least 150 minutes of moderate-intensity aerobic activity each week, such as fast walking or cycling. This can be divided up into 30-minute sections five days a week and you can even split those 30-minute sessions into smaller sessions of at least 10 minutes.

You might feel too tired to exercise, but regular exercise will make you feel less tired in the long run, and you'll have more energy.

Staying fit can be accomplished by push-ups or sit-ups in your cabin, using improvised weights made out of tin cans, exercising with a colleague and taking aerobic exercise like walking briskly.



Salt

Salt raises blood pressure – most of our salt intake comes from processed foods such as bread, cheese, bottled sauces, cured meats and ready-made meals.

You should have no more than **5g** a day – the same as a small teaspoonful.