

EXERCISES YOU CAN DO ANYWHERE ABOARD

You don't need to put on your track suit and put a cross in your diary to include some exercise in your daily routines aboard. These exercises can be done wherever you are and can be included in your working day whenever you feel the need for a break. The Board of Health recommends at least 30 minutes of physical activity every day. The 30 minutes can be split into several small exercise portions and should be moderate in intensity. That means your pulse rate should be up and your forehead should be sweating.

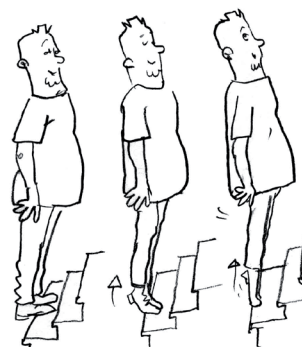
Read more about exercise and health on our website www.seahealth.dk.

Training leg muscles



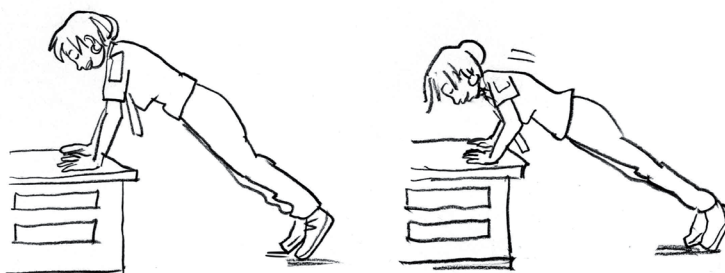
Raise your heels and stand on tip-toe

Training leg muscles



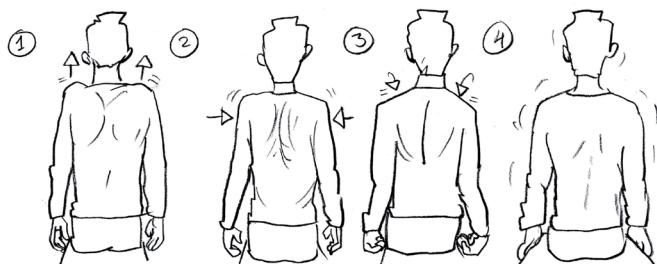
Stand with the front part of your feet on a step, stand up on tip-toe and down again.

Press ups using a table



Stand in front of a fixed table with your hands on its edge
Bend your elbows so your chest drops towards the table and then straighten your arms again.

Square your shoulders five times in a row:



1. Lift your shoulders
2. Squeeze your shoulder blades together
3. Keep your shoulder blades squeezed together while rotating your shoulders forwards
4. Relax