

## Crew Health: Maintaining fitness on board

The ability to maintain a fitness regime on board a vessel can be challenging, especially in instances where a ship does not have sufficient or suitable facilities for sport. However, these limitations need not stop a seafarer from taking regular exercise as part of a healthy lifestyle.

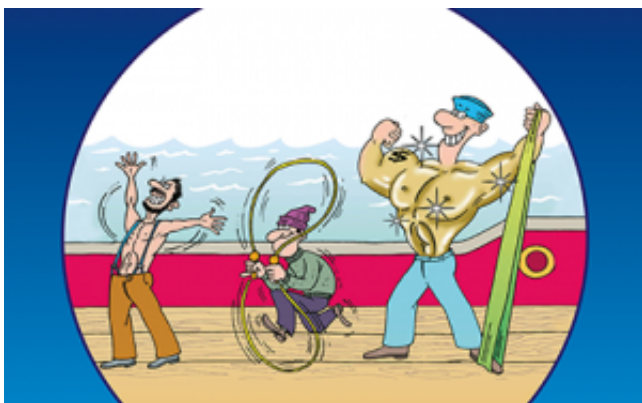
Claims related to illness are frequently notified to the Club, with the number of claims reported remaining steady in number over the last five policy years. The Club has [partnered](#) with the International Seafarers' Welfare and Assistance Network (ISWAN) to raise awareness of crew-related illness and to assist our Members in mitigating against related incidents.

### Fit on board

It is important for the individual seafarer to take responsibility for their health within their living and working environment. The *Fit on board* programme, provided by ISWAN, addresses this by providing practical solutions such as:

- methods on how to assess fitness levels, including the Step Test.
- how to efficiently warm up and cool down to avoid injury.
- how to train with exercise bands.
- utilising a Step Counter.

***Please click to view or download the 'Fit on board' guidance***



### Fit on board advice

This article is one of a series of articles in which the Club shares guidance and practical tips to our Members to promote good crew health on board. [All articles in this series can be viewed here.](#)