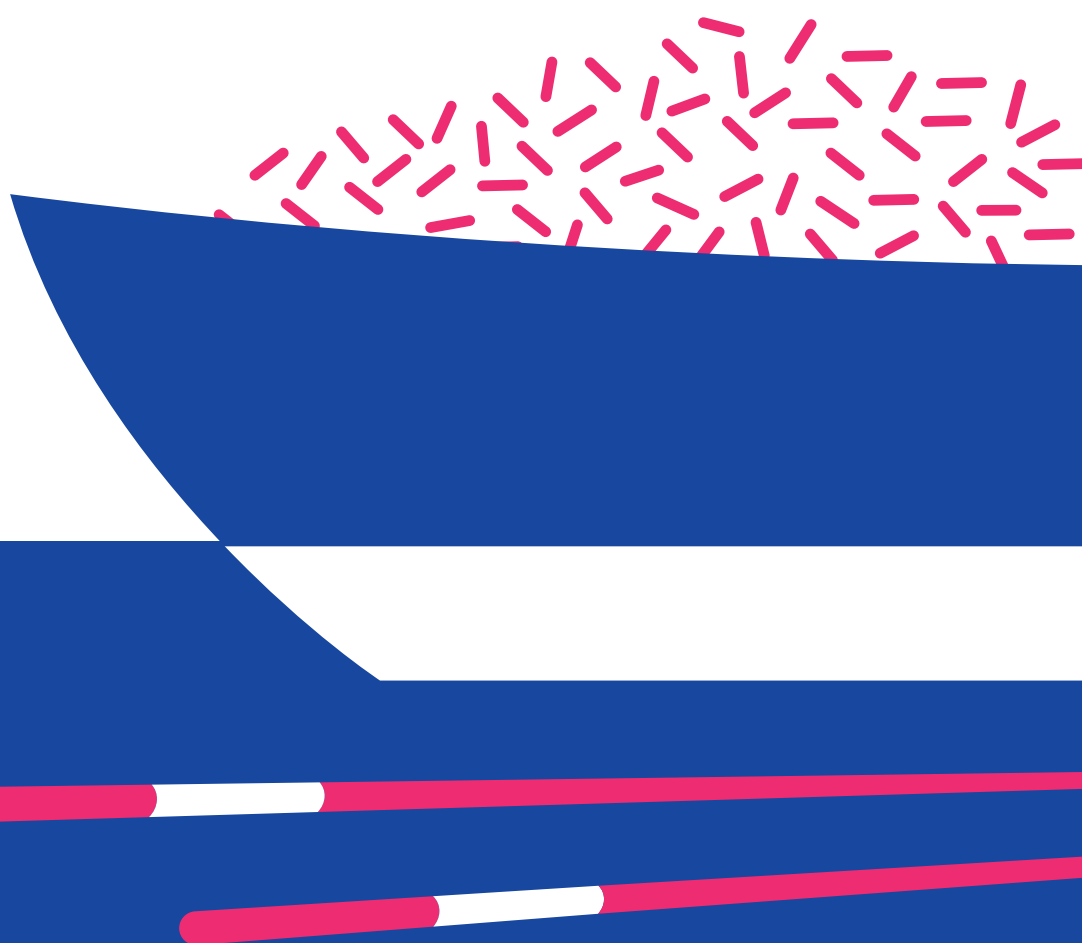


Healthy diet onboard

Watch your portion size



There are **200 calories** in a bowl of rice. What exercise would you need to do to burn that off?



**Standard
Club**

By your side

Healthy diet onboard

Balance food with exercise



Walking 9 kilometres on a treadmill a day adds up to burning about 3,500 calories a week.



**Standard
Club**

By your side

Support onboard Only one call away



ISWAN: +44 207 323 2737

Mission to Seafarers: crewhelp@mtsmail.org

Sailors' Society: crisis@sailors-society.org



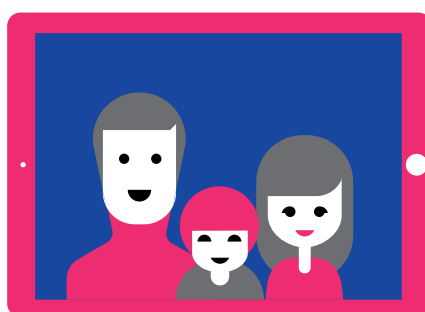
When you need support, you can call a formal organisation or speak to the mental champion onboard.



**Standard
Club**

By your side

Support onboard **Connect with people**



When you miss your family,
you can either call home or chat
with your fellow seafarers onboard.



**Standard
Club**

By your side

Exercise onboard **Stay fit**



Aim for 10,000 steps per day to improve heart health, boost energy levels and strengthen your bones.



**Standard
Club**

By your side

Exercise onboard **Working out is fun**



Participate in a team event.
Regular basketball matches
are a fun way to stay fit.

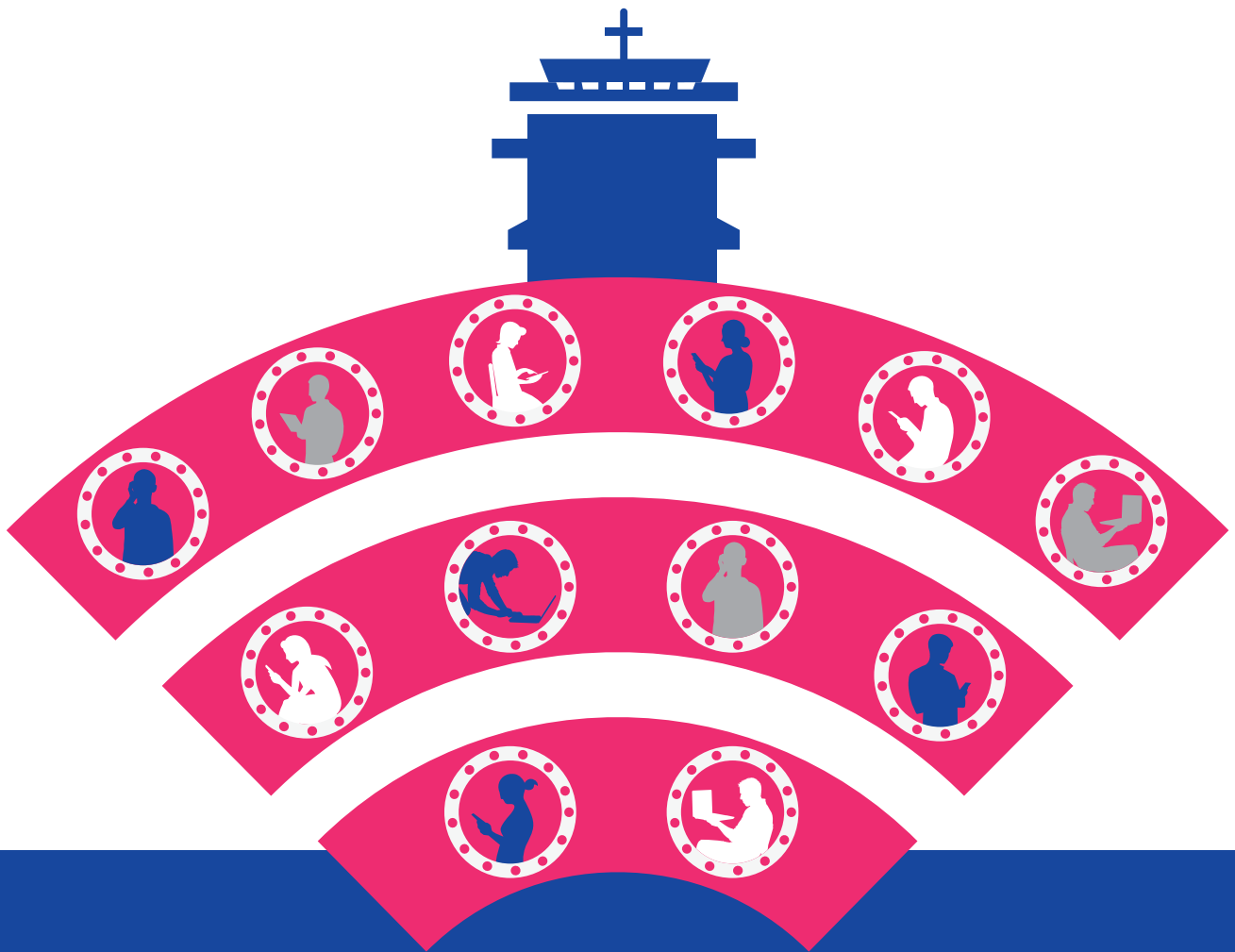


**Standard
Club**

By your side

Socialisation onboard

Risk isolation with wi-fi



Don't isolate yourself in your cabin. Share the rigours of life at sea with your fellow seafarers.



**Standard
Club**

By your side

Socialisation onboard Multiply with wi-fi



Build crew cohesion.
Use your onboard wi-fi to
spend time with others.



**Standard
Club**

By your side