“Fitness for All Sailors: Healthy Body, Healthy Crew, Safe Sailing”

Mary Larkin-Berlinski, RN, CCRN
Introduction

Lifetime Athlete: Swimming, Skiing, Backpacking, Fishing, Cycling, Surfing, Softball, Running and NOW SAILING.

Competitive sports: Softball, Swimming, Triathalons. Team member and coach.

Mother of two grown children.

Associate Degrees in Medical Assisting and Nursing.

Courses at Cabrillo College and Team In Training through the LLS.

Registered Nurse at Dominican Hospital in Critical Care, Recovery Room and Rapid Response Team.
Introduction

This course is an introduction to healthy lifestyles and how they can be incorporated into sailing.
To provide a foundation to build on and resources to get started with.
To help improve knowledge on physical well-being.
Objectives

• Identify the Basics of a Healthy Lifestyle: Diet, Exercise and Rest
• Observe the Benefits of a Healthy Lifestyle.
• How to set Goals and achieve them.
• Find the right training options for the individual and the team.
• How to incorporate a Healthy Lifestyle into our day to day lives.
• How to get started with a basic routine.
Things we can’t change:

• Age
• Gender
• Genetics
Things we can change:

- Diet
- Exercise
- Rest/Stress
- Bad Habits
Diet

- Low Fat Diet: Non-Processed Foods and decrease the amount of meat intake.
- Carbohydrates: Complex carbohydrates versus simple carbohydrates.
- Protein: Plant and animal based.
- Lower sodium intake: decrease the amount of fast food intake.
- Vitamins/Minerals: Vitamin C, K, D, thiamine, folic acid, calcium, magnesium, potassium, chloride.
Weight Loss/Maintenance/Balance

• Weight loss = decrease caloric intake and increase activity.
• Maintenance: Continued activity with balance diet.
• 1000 Kcal = 1 Kgram
• Allow for rest and recovery to boost your metabolism.
• Benefits: Lower blood pressure, lower cholesterol levels, reduce blood sugar.
Pathophysiology

• Production of enzymes by the liver and pancreas: amylase, lipase and insulin.
• Lower metabolism = decreased caloric consumption (inactivity) = increased waste products (fats & sugars).
• The body stores waste in the form of adipose tissue and plaque.
Exercise

• Before you start get a check up.
• Start slow and increase as tolerated.
• Choose a routine that works for your schedule and track it.
• Mix it up! Don’t give up! Don’t get bored.
• Set Goals for yourself and have fun.
What to do?

- Eat a whole food diet: fresh vegetables, lean meats, lower dairy consumption.
- Eat whole grains, whole grain pasta and brown rice. Eliminate white grains from your diet.
- Use olive or canola oil for cooking.
- Add fresh fruits and vegetables to your diet. Macro nutrients are key, high in iron, Vitamin K, Vitamin C.
- Decrease alcohol intake and quit smoking!
Goals

Set up your gear the night before
Set the time aside just for you!
Get rid of junk food, clean fridge and cabinets.
Buy healthy fresh foods, enough to last three days.
Start a journal.
Exercise

• Develop: Balance, agility, strength
• Increase endurance and flexibility.
• Stay hydrated.
• Rest: this will increase your metabolism and decrease recovery time.
Getting Started:

- Solo
- Coached
- Groups
- Classes
- “Keep it Simple, Get Moving, Impossible is Nothing, Just Do It!”
- Basic Equipment
Exercise

• Cross Training: cardio, strength, and toning: Pilates, Cross Fit, Triathlon
• Core strengthening: Yoga and isometric
• Endurance and agility: Will come with time.
• Balance: Upper and Lower body.
• 30 minutes - three times a week to start, then build up to 5 times a week and then longer duration.
Exercise

• Start with drills, establish a routine.
• Then add cross training.
• Mix it up with cycling, hiking, rowing.
• Add Sun Salutation to your morning routine.
• Incorporate Meditation for stress reduction.
• Keep hydrated and get 7-8 hours of sleep to allow for recovery.
Basic Workout

- Dead Lift Leg Raiser
- Skipping Rope
- Push ups
- Squats
- Reaching Lunges
- Pelvic Lifts
- Arm and Leg Raises
Basic Workout #2

• 5-10 minute cardio warm-up
• 10 minute stretch
• Ball squats 10 reps x 3 sets
• Ball crunch 20 reps x 3 sets
• Prone Iso Abs x 2 holds
• Dumbbell chest press on Ball 8 reps x 3 sets
• Push ups 10 reps
• Bicep Curls- 8 reps x 3 sets
• Tricep extensions on Exercise Ball 8x3
• Exercise Ball Dumbbell Row 10 reps x 2 sets
• Star Jumps
• Cool Down and Stretch
Proper Form

• Will enhance your tone
• Improve Posture
• Sit Like the Buddha!
Basic Equipment to Start

- Exercise Ball
- Dumbbells- 2#-10#
- Stretch bands
- Exercise Mat
- Yoga props
- Good Shoes
- Comfortable clothing
Extras

- Swimsuit, goggles, cap
- Bike, helmet
- Ipod, radio, videos
- Fitness tracker, journal
- Friends to stay motivated.
- Sunglasses, sunscreen
Conclusion

• Health is what we make it: By exercising, eating a balanced diet and getting rest- you can achieve better mood, reduce stress and feel good.
• Your sailing skills will improve hand in hand with your fitness.
• There are a multitude of resources available in our area.
• Stop smoking!!!!
• Decrease alcohol intake, everything in moderation.
• Most important have a good time all the time!
Questions & Answers
References & Resources

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• Sailing Mind Skills, Vol. 1- CD, Michael Blackburn, Phd
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• Thefinalbeat.com, stability and strength
• Sailing- A Woman’s Guide, Doris Colgate, Offshore Sailing School
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• Sailing Fitness in the Off-Season, Sarah Merganthaler, Windcheck Magazine, Nov. 2013
• You Tube