



BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE TO YOUR MENTAL HEALTH

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BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE TO YOUR MENTAL HEALTH



THE BULK OF TODAY'S RESEARCH HAS FOCUSED ON THE BENEFITS THAT PHYSICAL ACTIVITY HAVE ON ONE'S MENTAL WELL-BEING. IT IS REPORTED THAT HAVING A REGULAR WORKOUT SCHEDULE NOT ONLY PROVIDES ROUTINE AND CONSISTENCY TO ONE'S DAY-TO-DAY LIFE, BUT ALSO IMPROVES ONE'S MOOD AND SELF-CONFIDENCE AND DECREASES ANXIETY AND THE EFFECTS OF STRESS.

Below are other health benefits of having regular physical activity:



Endorphins, the chemicals released by the body during physical activity, uplifts your mood and makes you happier.



Reduces the symptoms of ADHD and improves concentration, motivation, memory, and mood.



Stimulates the growth of new brain cells and helps prevent age-related decline.



Helps regulate sleep patterns or help promote sleep



Helps you connect with others, which supports and enriches you every day.



Helps you cope mental or emotional challenges in a healthy way, instead of resorting to alcohol, drugs, or other negative behavior that ultimately only make your symptoms worse.



Finishing a physical activity gives you a sense of purpose and accomplishment.

SAFE LIFTING TIPS

Bend your knees

Bend your knees, and not your waist. This helps keep your center of balance and lets your leg muscles do the lifting.



“Hug the load”

Try to hold the object you're lifting as close to your body as possible as you gradually straighten into a standing position.



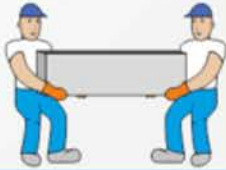
Avoid twisting

Twisting can overload your spine and lead to serious injury. Make sure your feet, knees, and torso are pointed in the same direction when you are lifting.



Get help

Get help with heavy, awkward or long items.



BE CAREFUL, LIFT SAFELY, AND USE PROPER LIFTING PROCEDURE.

Sources:
<http://www.marineinsight.com/marine-safety/lifting-techniques-how-to-lift-heavy-load-and-avoid-back-injury-on-board-ship/>
<http://www.krausegroup.com.au/wp-content/uploads/safe-lifting-2.png>
<http://images.mysafetysign.com/img/lg/S/safe-lifting-tips-sign-s2-0691.png>

HOW TO LIFT HEAVY LOAD PROPERLY TO AVOID BACK INJURY?

Each year, many seafarers are injured because of improper procedures of lifting, carrying, pulling, and levering of loads.

Backbone is a word that describes a strong pillar or support to a system or organization. When it comes to the human body, the spinal bone holds utmost importance as it is responsible for our movements and gives the body shape and form.

Back injury or back pain is the most common problem experienced by seafarers. One of the reasons is the amount of physical activity involved in a ship's operation, which include lifting of heavy loads.

Below are basic rules that must be applied when performing a physical lifting task:

- Before lifting any kinds of load, always practice basic warm up and stretching exercises to reduce any risk of injury.
- Check the size and weight of the load to be lifted. If it is out of your strength, call for help and never lift the load alone.
- Inspect the surroundings and course for any hurdles and skidding surface before lifting and transferring loads.

Safe lifting tips:

- Stand on a level floor and take firm stance. Place your legs apart from each other with one leg behind the other.
- Bend your knees and not your waist and back to lift the load.
- Wrap one entire arm over the object and other in appropriate position to lift the load.
- Keep you back straight nearly vertical with your chin tuck inside.
- Lift the load slowly, smoothly, and avoid any sudden movement. Never twist your body to change direction, always turn the whole body together. Always ask for help when needed and be careful when taking the stairs.
- Awareness posters and instructions with pictures must be displayed in visible areas of the ship to make sure that all crew members understand the important of safe lifting procedure.
- To avoid back injuries, it is important to understand and train the crew members on the proper lifting techniques. Some cases of back injuries and pains are caused by the following:
 - 1). No adequate training or instructions in lifting heavy loads. How you lift your load is the main reason for back injury as wrong twist and posture can lead to straining of one's back.
 - 2). The risk of back injury increases if the load is too heavy compared to the capacity of the lifter or handler.
 - 3). No consideration about the limitation of one's physical strength. Different people have different physical strengths depending upon their muscle power.
 - 4). A ship's operation is all about team work. A load can be lifted by two persons more easily compared to a single person lifting it. If one is not lifting it properly, unnecessary strain will cause back injury to the other or both persons involved.



MENU OF THE MONTH:

Creamy Pesto Shrimp

Ingredients:

- 1 pound linguine pasta
- 1/2 cup butter
- 2 cups heavy cream
- 1/2 teaspoon ground black pepper
- 1 cup grated parmesan cheese
- 1/3 cup pesto
- 1 pound large shrimp, peeled, and deveined

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add linguine pasta, and cook for 8 to 10 minutes, or until al dente. Drain.
2. In a large skillet, melt the butter over medium heat. Stir in cream and season with pepper. Cook from 6 to 8 minutes, stirring constantly.
3. Stir parmesan cheese into cream sauce, stirring until thoroughly mixed. Blend in the pesto and cook for 3 to 5 minutes until thickened.
4. Stir in the shrimp and cook until they turn pink, about 5 minutes. Serve over the hot linguine.



Source: <http://allrecipes.com/recipe/11808/creamy-pesto-shrimp/>

DID YOU KNOW?

One loaf of parmesan cheese is made from 600 litres (160 gallons) of milk. In other words, you will need 16 liters or 4 gallons of milk to make 1 kilogram of parmesan cheese.



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Source: <https://www.worldguide.eu/t5/Lifestyle-Events-Articles/12-facts-you-didn-t-know-about-Parmesan-cheese-food-knowledge/ba-p/12696>