

MEMBER ALERT



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LOSS PREVENTION: *SHIP SHAPE* – FITNESS VIDEOS

Regular physical movement and exercise are essential for mariners' strength, injury prevention, and overall well-being. The newest instalments of our ShipShape Health series highlight simple, vessel friendly routines that show how small consistent efforts can keep mariners fit, energized and ready for the physical demands of vessel operations.

Exercise Video 1: [Upper Body Workout](#)

A tailored warm-up and circuit routine that incorporates upper body exercises suitable for both shipboard and shoreside environments.

Exercise Video 2: [Lower Body & Core Workout](#)

A practical lower-body and core session requiring minimal space and no equipment. Each movement focuses on proper form to maximize effectiveness and help prevent injury.

This project would not have been possible without the valuable participation and support of our member, Lydia Ann Channel Mooring, whose collaboration helped bring this initiative to life. We extend our sincere thanks for their partnership and commitment to promoting seafarer wellness across the maritime industry.

For further information on a broad range of seafarer wellness initiatives, please refer to our website at:

<https://www.american-club.com/page/seafarer-wellness>

The Club thanks [ShipShape Health](#) for providing this valuable guidance and supporting our mission to enhance safety, health, and quality of life for mariners worldwide.