

Mental Benefits of Exercise for Superyacht Crew

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Superyacht Crew are regularly exposed to some extremely high pressured environments and challenging working conditions. This can often take a toll on one's mental health. We all know that exercise is great for one's physical health. However, did you know that there are also numerous benefits for one's mental health too? During a busy season or a long yard period, it is important to incorporate some form of physical activity into your day. This will not only keep you healthy but will help with your mental health and mindset too. Today we look at some of the mental benefits of exercise for superyacht crew that will hopefully encourage you to keep moving:

Reduces Stress



Exercise forces the body's central and sympathetic nervous systems to communicate with one another. This can improve the body's overall ability to respond to stress. Also, putting ones body under physical stress regularly teaches the body how to recover and adapt to stress. Both physically and mentally.

Helps with Depression and Anxiety



Exercise is a scientifically proven mood booster. It decreases symptoms of both depression and anxiety. Physical activity increases endorphin levels; this is the “feel good” chemical produced by the brain. It evokes feelings of happiness and euphoria. Even just moderate exercise throughout the week can improve depression and anxiety.

Improves Self Esteem and Self Confidence



From improving endurance to losing weight and increasing muscle, there's no shortage of physical achievements that come about from regular exercise. All those achievements can contribute to boosting ones self-esteem and confidence. Often, it happens before you even realise it. It's one of the many benefits of physical activity, which boost your body and mind.

Increased Cognitive Function



The same endorphins that make you feel better also help you concentrate and feel mentally sharp. Exercise also stimulates the growth of new brain cells. As well as this, it helps prevent [age-related decline](#).

Improves Sleep



Even short bursts of exercise in the morning or afternoon can help [regulate your sleep patterns](#). If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep. As crew have such busy schedules, this is the last, but certainly not least, of the mental benefits of exercise for superyacht crew!

These are just a few of the many benefits that exercise has on our mental well-being. If you are new to exercise, start small with a daily walk or some light exercise. It doesn't need to be hours of weights or cardio. Pick something you enjoy both physically and mentally. This will make it easier to incorporate into your daily life.

Are you looking for a fitness programme that can be done

onboard or in the yard with limited equipment or space? Then try the Crew Fit training guide. It is an eight-week programme, which provides workouts for beginners through to intermediate and advance.

[Crew Fit Training Guide – by HULA Wellness – Hula Wellness](#)

For more fitness articles written by Gaby go [here](#).