

FITNESS

Shipshape

ARTICLE BY MIRIAM CAIN

Life on the ocean waves can be seriously decadent, but it can also be the perfect way to maximise your health and well being. SEA+I talks to the experts in their fields on how to transform your next cruise into the ultimate well being experience.

A yacht is the perfect place to optimise your health. The ocean itself is one of nature's most serene environments, easily inspiring relaxation and reflection, it also has an inherent energy that can be harnessed by those inclined to activity. An endless arena for watersports, the ocean's motion can also be used to tone muscles and improve core balance.

If you are looking to add a dose of healthy living, occasional pampering spa treatments or a complete change of lifestyle, experts are on hand to deliver everything from spa experiences, to nutritional advice, to fitness training. **James Duigan** is a world renowned personal trainer who works with the likes of international model and businesswoman Elle Macpherson, and model and actress, Rosie Huntington-Whiteley. Duigan regularly accompanies his clients on board their yachts to maintain their training regime. "On board a superyacht, daily fitness activities will depend on location and itinerary but may include running on the beach, hiking in the mountains, circuit training on board or on the beach, and swimming in the sea, interspersed with yoga and Pilates sessions."

Many of the larger yachts have their own gymnasiums, with cycles, treadmills, stair steppers and rowing machines, as well as free standing weights. For the smaller yachts without such facilities, the deck areas can provide ample space for all manner of aerobic activities, and even sailing yachts can prove to be an original fitness arena with winches and masts or side rails used for resistance training.

Matt Roberts is the man behind some of the most recognisable physiques in film, music, politics and fashion. He has designed gym facilities for several new build superyachts and has developed fitness programmes for their owners and guests. "A superyacht may be designed for relaxation and lounging, but nevertheless, it offers plenty of scope for activity and most luxury yachts today have some on board fitness equipment, if not a dedicated gym," says Matt. "Go for a swim, get out the water toys and explore the coves," recommends Matt. "If you are using machines, go for those that allow you to vary the intensity of the activity."

A yachting holiday is the perfect time to relax and focus on your health and well being

HEATHER HAWTHORNE
SPA THERAPIST

Whether you want to sweat it out in your yacht's high tech gym, complete with ocean views, practise your swing on a customised on board driving range, or head off for a bout of beach acrobatics, your charter broker, crew and trainers can arrange plenty to keep body-conscious clients active.

When it comes to relaxation and the ultimate on board pampering, massage has a deeper effect than simply relaxing the muscles. They also reduce the stress hormone cortisol and increase the anti-pain hormone serotonin. A handful of superyachts have crew members who are trained as massage and beauty therapists, but your broker can also arrange for specialists to come on board during your cruise.

Heather Hawthorne is one such expert, travelling the world as a spa therapist-in-residence. "A yachting holiday is the perfect time to relax and focus on your health and well being," confirms Heather. "Spa treatments tend to enhance relaxation and personal enjoyment more than any other activity on board."

Listen to the experts and talk to your nearest Camper & Nicholsons broker about incorporating well being into your next cruise and by the end of the week, after a combination of exercise, massage and a nutritional diet, you will be feeling thoroughly re-energised and relaxed.

Expert Tips

1. Take advantage of your natural surroundings.
2. Optimise the calm environment on board to completely de-stress. Excess stress can lead to an inability to lose weight.
3. Water skiing, kayaking, windsurfing and snorkelling all promote body toning, weight loss, strength, flexibility and stress reduction.
4. Squats are the perfect exercise to do on board a yacht as they require very little space – try to do 20-40 squats before lunch each day as this will fire up your metabolism before you eat.
5. In the heat drink plenty of fluids. Aim for 2.5 litres of water a day, and plenty of green or white tea. Try not to indulge in too much alcohol.
6. Nutrition plays a major role in any healthy lifestyle and your time on board can be a fun way to learn about different foods and experiment with new dishes with your chef.
7. Take advantage of the abundance of fresh fish available to you and ask your chef to incorporate lots of leafy green vegetables, lean proteins and healthy fats.
8. Use fresh ingredients in spa treatments for the most beneficial results.



CYBEX

Cardio range

Cybex Cardio equipment is built to provide maximum results with minimal stress on joints. The range of equipment is sturdy and highly durable for indoor/outdoor use.

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FITNESS

Fitness afloat

ARTICLE BY MIRIAM CAIN

Being on board doesn't mean your usual fitness routine has to take a back seat, simply equip your yacht with the latest exercise essentials and you will stay fit and toned wherever you travel. SEA+I talks to expert on board gym specialists, Gym Company Marine, on how to select equipment for your superyacht gym.



FULL METAL INDUSTRIES

Dumbbells

Full Metal Industries dumbbells are made in marine stainless steel and can be engraved with the yacht's name and logo.

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WATERROWER

WaterRower

Especially suited to the marine environment, WaterRower is made out of materials that are resistant to corrosion.

WATERROWER.COM

The specification of gym and fitness equipment on board is often an extremely personal undertaking and invariably depends on the lifestyle and fitness requirements of the owner or end user.

"Gym location, layout and available space all constitute key factors when determining kit selection along with meeting the end user's fitness goals," explains Guy Royffe, Sales Director at Gym Company Marine.

"Where space is limited equipment often needs to be portable, convertible or multi-functional. If the gym is going to be located out on the sun deck and exposed to the elements then we would ensure that any kit specified is going to be as durable and corrosion free as possible," says Guy.

The nature of the yacht be it private or charter is another important aspect influencing gym design and supply.

"A charter vessel will usually require more flexibility when it comes to kit selection as it needs to cater to different ages, physical attributes, and fitness levels. Here we can also take into consideration the crew's health and fitness experience or qualifications and indeed the presence of an on board personal trainer. Should a guest

express a preference for a particular type of equipment not pre-existing on board, all is not lost as we offer an enormous range of rental equipment to satisfy even the most fitness orientated of charter guests."

Equipment can also be specified and customised to complement the yacht's interior and exterior design.

"On most equipment we supply we are able to offer custom colour schemes in order to match hull or interior fittings and also brand kit with a yacht's name and logo," explains Guy.

"We also strive to ensure that equipment integrates as seamlessly as possible with other requirements such as A/V and communication systems, provision of first aid, soundproofing and vibration control, flooring (including deck protection), electrical supply, humidity and ventilation, lighting and the ergonomics."

"We always ensure that gym equipment is accessible and that users are guaranteed a smooth transition not only between different pieces of kit within the gym but also with surrounding facilities such as pools, Jacuzzi's, spas and day heads."



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Bravo All-In-One

Cybex Bravo's complete strength solution trainer boasts multiple functionalities in a single, spaceefficient machine.

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TECHNOGYM

Kinesis Personal

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