

Get Active Now

The science of getting active

Physical activity is the most reliable tool for weight management, backed by decades of research. It burns calories and builds muscle. That extra muscle can raise your resting metabolic rate by about 7%, so you burn more calories even when not exercising. This matters for offshore workers who face sedentary periods during travel days or weather delays.

The NHS recommends 150 minutes of moderate-intensity activity per week for weight management. You don't need a gym or long sessions: short vigorous bursts – as little as 2 minutes at a time, added up across the day – can improve metabolic health and support weight loss.

What works

Activity	Why it works
Stair climbing during shifts	Choosing stairs over lifts during a 12-hour shift adds up. Climbing 10 flights across your shift can burn 200+ extra calories, about a large chocolate bar. It's convenient, needs no equipment, and fits your routine.
Bodyweight circuits in your cabin	Press-ups, squats, planks and burpees need no equipment and little space. A 15-minute high-intensity circuit can burn 150–200 calories and builds muscle that boosts metabolism. Consistency matters: three 15-minute sessions during your rotation beats one long workout.
Walking during crew changes	Use time ashore well. A brisk 30-minute walk burns about 150 calories and helps offset helicopter travel and accommodation days.
Active work tasks	If safe to do so, volunteer for more physical tasks. Manual handling, moving equipment and maintenance all increase daily energy expenditure.
Resistance band training	Resistance bands are lightweight, easy to pack and effective in small spaces. Studies show band training can deliver strength gains similar to traditional weights, making them ideal offshore.

What doesn't work

Activity	Why it fails
Gym memberships you never use	Paying for a gym doesn't burn calories but using it does. Offshore workers often have 2–3 weeks between rotations; if you don't train when ashore, you're wasting money and missing chances to build momentum.
Relying solely on work activity	Many offshore roles include long sedentary periods (control room work, admin, monitoring). Even physical jobs often alternate short bursts with long waits. Studies show occupational activity alone rarely supports weight management – you need dedicated movement beyond work tasks.

