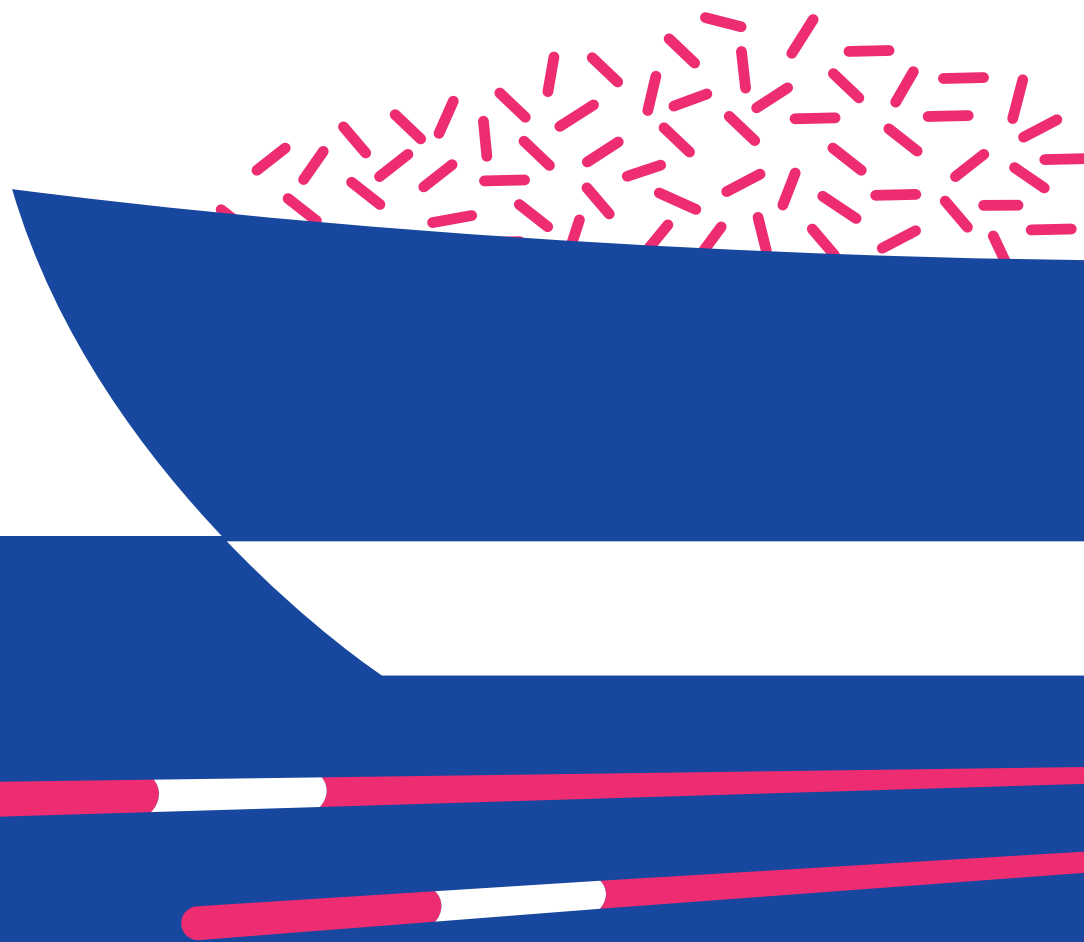


Healthy diet onboard  
**Watch your portion size**



**There are 200 calories in a bowl of rice.** What exercise would you need to do to burn that off?



**Standard  
Club**

**By your side**