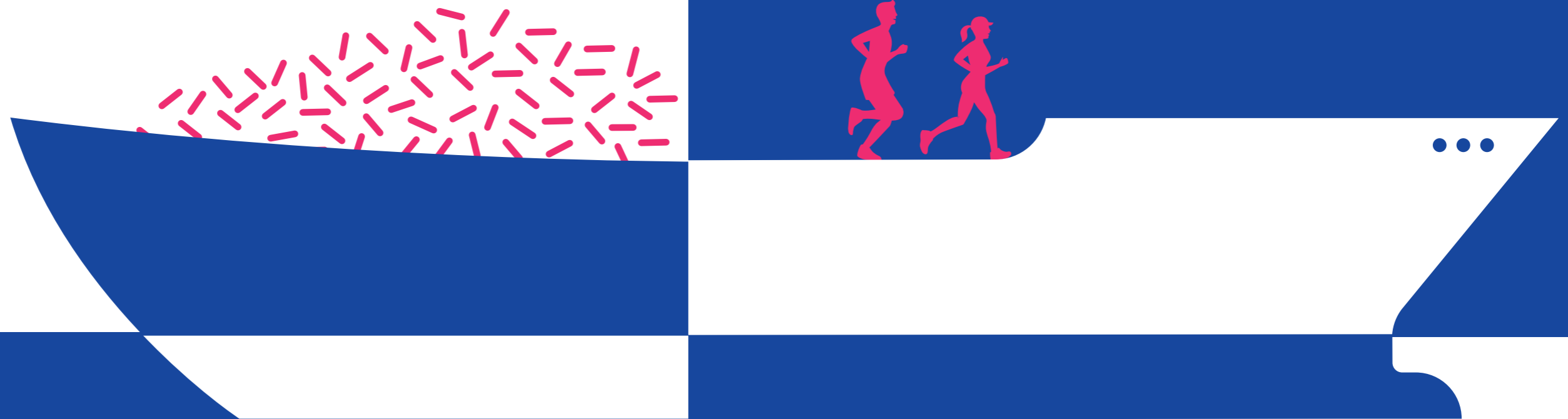


Healthy diet onboard
Watch your portion size

Healthy diet onboard
Balance food with exercise



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



Walking **9 kilometres** on a treadmill a day adds up to burning about 3,500 calories a week.