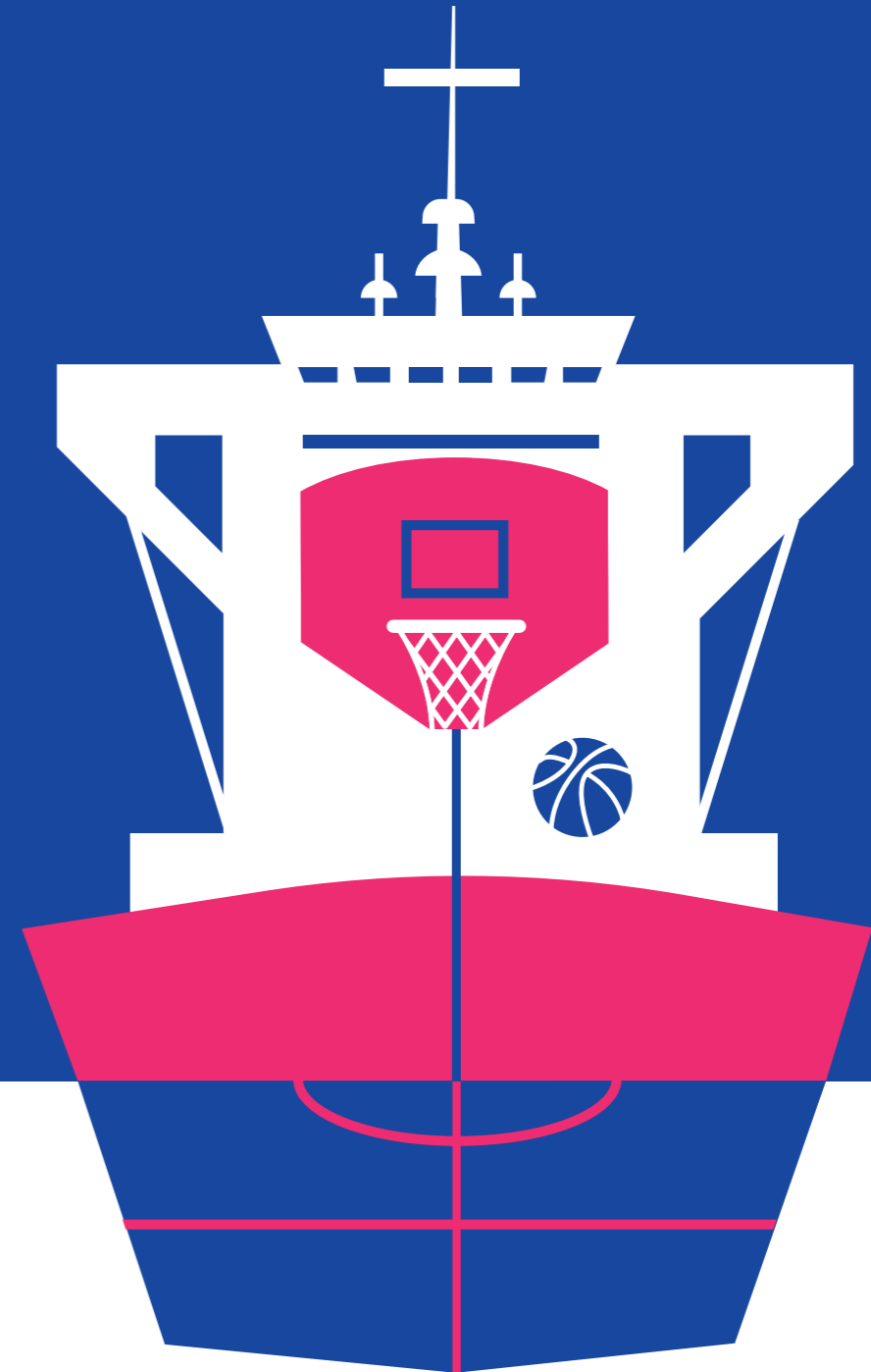


Exercise onboard  
**Stay fit**



**Aim for 10,000 steps per day** to improve heart health, boost energy levels and strengthen your bones.

Exercise onboard  
**Working out is fun**



**Participate in a team event.** Regular basketball matches are a fun way to stay fit.