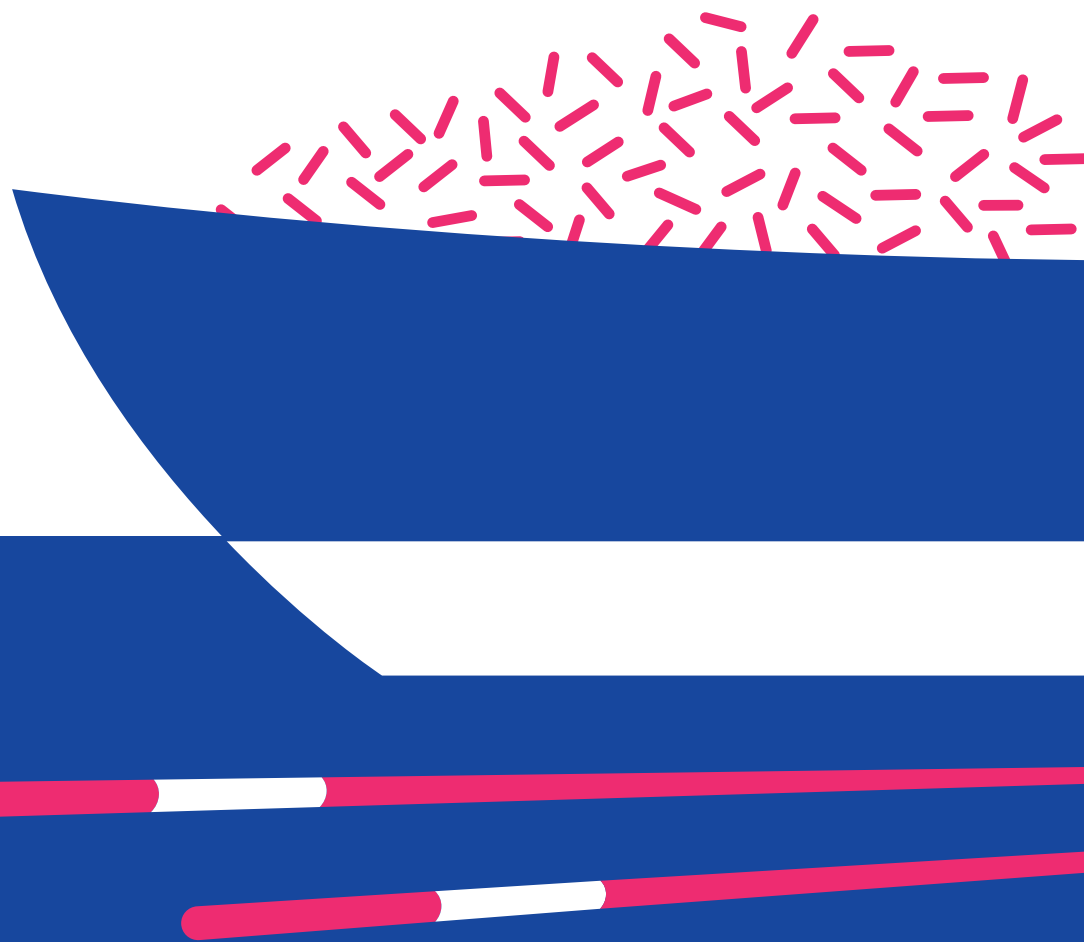


Healthy diet onboard **Watch your portion size**



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