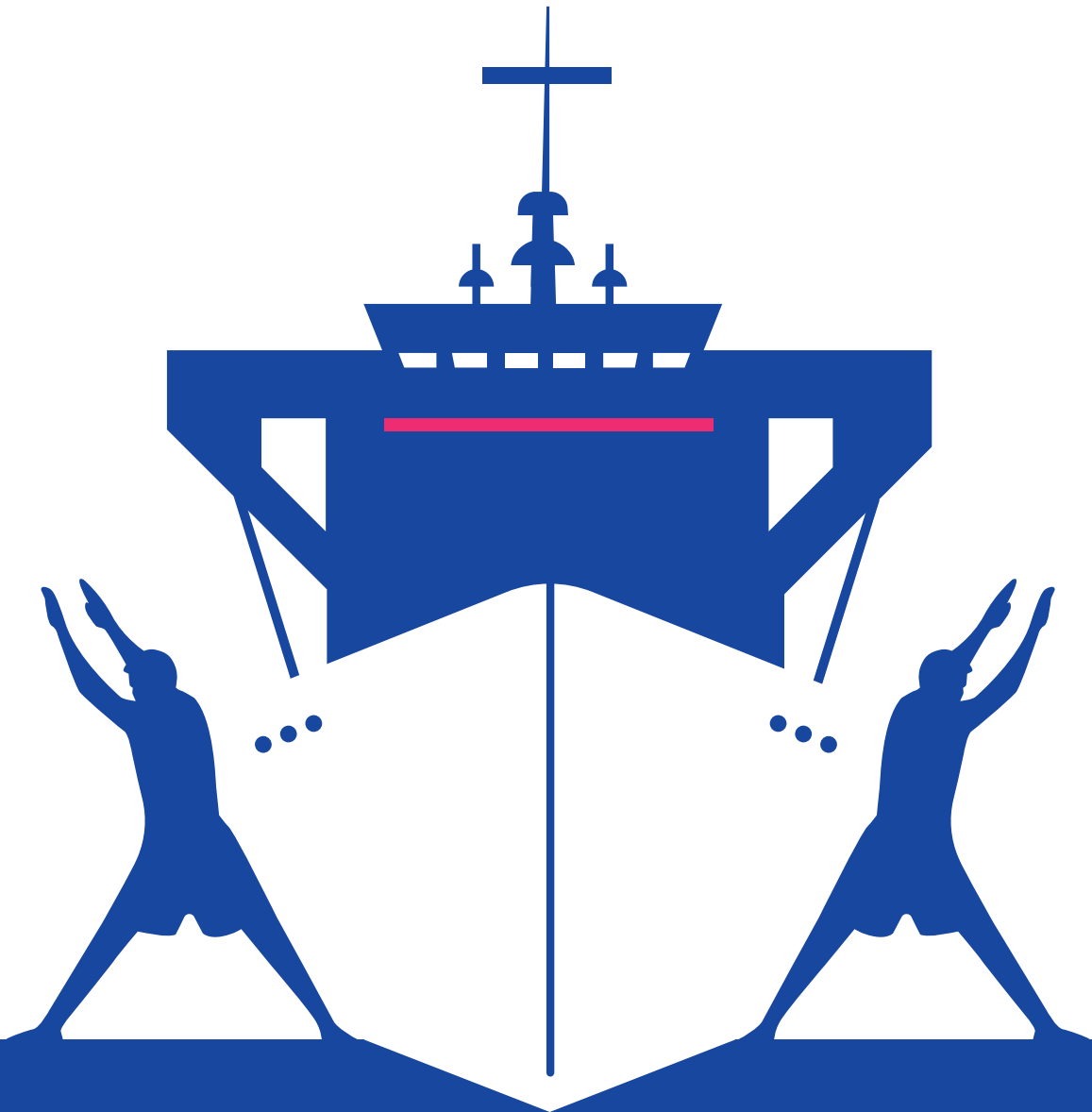


# Exercise onboard **Stay fit**



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



**Standard  
Club**

**By your side**