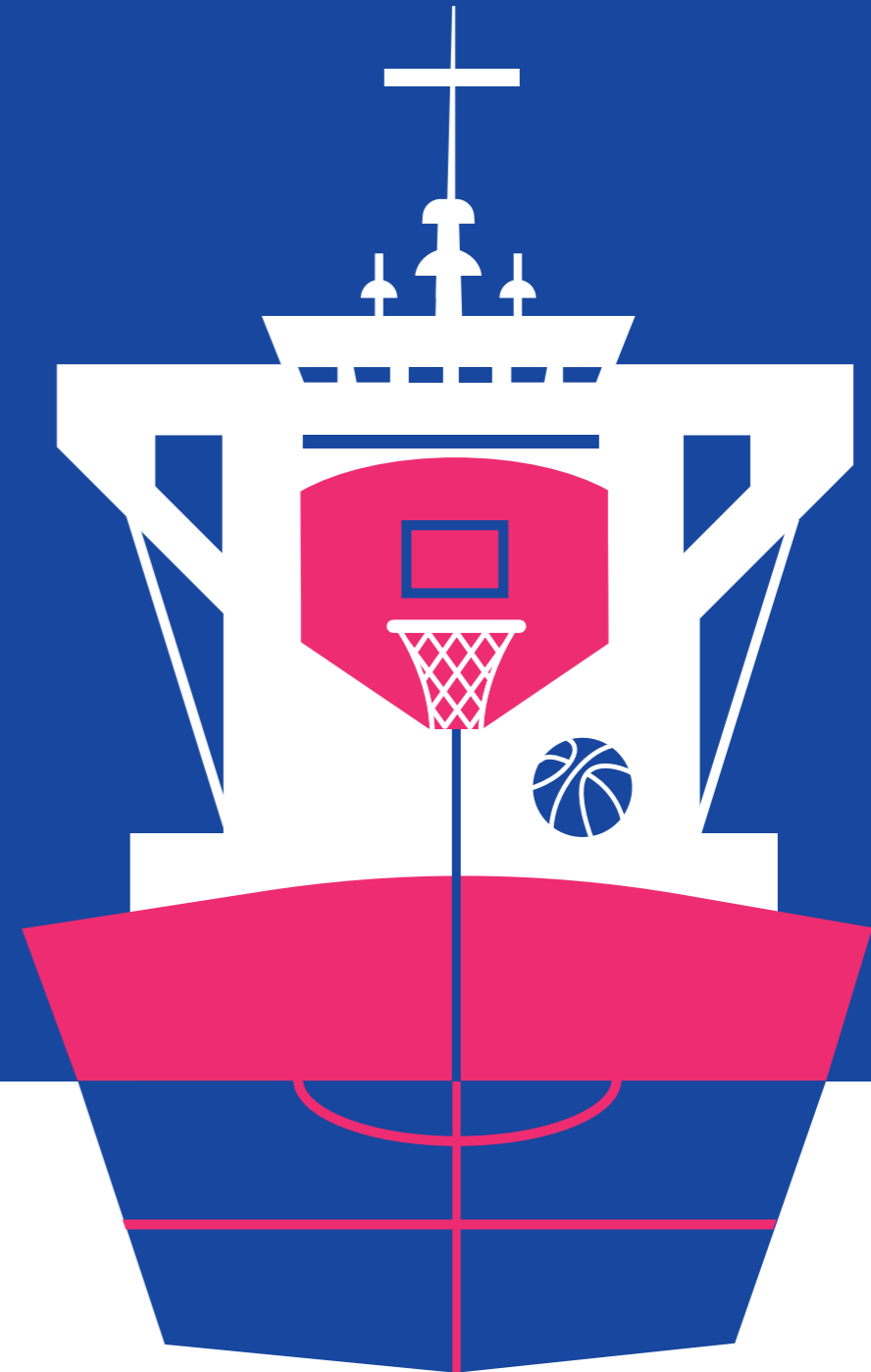


Exercise onboard
Stay fit



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.

