



Mar 19, 2015 09:07 GMT

Staying fit and healthy on your cruise

Cruising is all about exploration, relaxation and having a good time. However, many people are keen to make sure that they stay reasonably active during their voyage; after all, all of that time on deckchairs and eating great food might leave a few guests feeling a little guilty! If you're one of those people, there's plenty you can do! Just because you're out on the seas doesn't mean you can't be active as well! At Fred. Olsen, we're all about letting people enjoy their [cruise holidays](#) the way they want, so we thought we would share some of our tips on how to stay fit during your cruise.

Classes

Taking fitness classes when on board is a great way to meet other cruisers and stay in shape. Working out in active groups is a lot more fun than exercising alone, so ask your cruise operator about what sessions are available. There are likely to be a range of options, so whether you're yearning for yoga or partial Pilates, book yourself into classes and stay in shape the fun way!

Dance it off

If fitness and classes aren't your thing, you can still stay active, but in a different way! Cruisers often have evenings of dance and live music, so if you're more of a stepper than a runner you can burn your calories on the dance floor. Whether its ballroom, swing or even 60's-style, evening dances are a fun and effective way to stay in shape on the seas.

Go on excursions

We know it's difficult to leave a comfy cruise ship, but you need to make sure you get out there and enjoy excursions on offer as part of your journey. Getting off-ship and onto solid ground is a great way to stay active as you explore bustling markets, galleries and the great outdoors. There's a whole lot to see and do out there, so make the most of it.

Eat healthily

Of course, exercise is only one part of staying fit - you need to eat well too! It's all too easy to get carried away with buffets and fantastic dinners, but if you want to watch your waistline on your travels, you can still opt for healthy alternatives. This applies to drinks too, and whilst we would definitely encourage you to relax and enjoy yourselves, save the drinking for the evening and take it easy during the day.

by [Ben Williams](#)

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