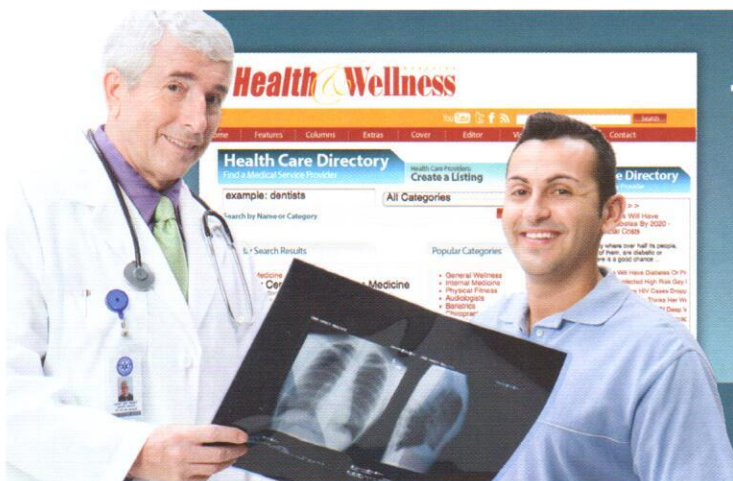


# How to lose weight **A CRUISE.**

*No. Really.*



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by Jan Ross, *Staff Writer*

At a recent Weight Watchers meeting, our leader asked us to share some of our problems with losing weight. Everyone had different issues. Mine got the least sympathy.

Travel.

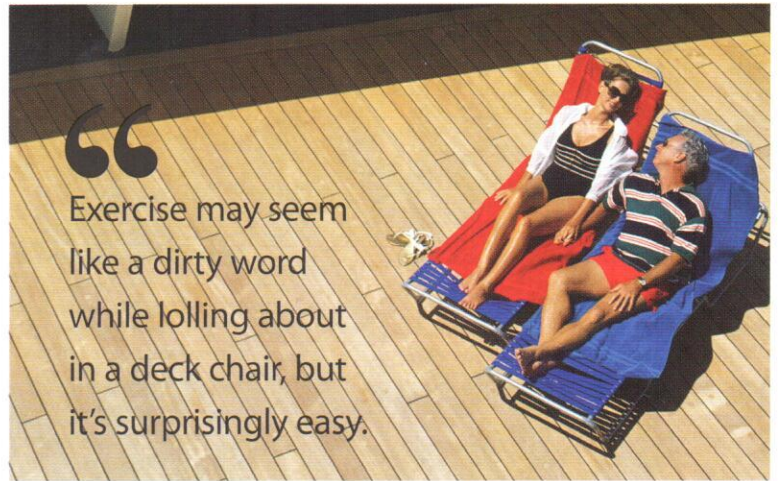
Travel is my problem with losing weight. It's hard to resist hot chocolate with freshly made whipped cream when you are visiting the Eiffel Tower. Hard to pass up the fresh cheese when you are at a cheese tasting in Amsterdam. Hard to just say no to the chocolates at the Chocolate Museum in Cologne, Germany.

No sympathy at all.

The transition from "I'm on vacation and it's OK to eat anything I want!" to "I'm a travel writer who travels all the time and if I eat everything I want, I will weigh approximately 6,931 pounds" has not been easy. I'm still working on it. The problem is exacerbated by the fact that I have TWO cruises booked in the next two months. I will be visiting various lovely Caribbean islands, Las Vegas, San Francisco, Victoria, B.C. and Vancouver, B.C. On the ships and at every location, I will be offered food, glorious food.

What am I going to do? Well, these ideas might help. Maybe. We'll see. I'll keep you updated.

**1. Exercise.** Yes, it may seem like a dirty word when you are having the most decadent experience of your life, lolling about in a deck chair by the pool while a waiter brings you a frozen fruity drink and the smell of those cheeseburgers on the grill is wafting your way.



“Exercise may seem like a dirty word while lolling about in a deck chair, but it's surprisingly easy.”

But exercise on a cruise ship is surprisingly easy. They all have huge and nicely appointed fitness centers which are open at all hours of the day and night with employees who are happy to show you how to use the equipment. Many cruise ships offer a variety of classes – I have taken everything from aerobics to yoga – and many also offer fitness evaluations, along with other interesting activities. They also all have a walking/running track and it is amazingly pleasant walking around the track with a view of the open ocean. It makes exercise a joy.

**2. Restaurants.** You can find everything from Chinese food to Italian food to sushi to the above-mentioned cheeseburgers on a cruise ship and this works in your favor as you can pick and choose the healthiest meals without any effort at all. It's much easier to pile fruits and veggies on your plate when someone else has cut them up and prepared them for you. Grilled rather than breaded and fried, a small piece of meat rather than a big slab, more fruits and veggies on your plate than anything else – you know the basics. It's just much easier when someone will bring you whatever you want. There's no reason not to pamper yourself with a piece of cake off the buffet – just don't eat six pieces every day.

**3. Buffets.** It may seem like a conundrum that an all-you-can-eat buffet can help with eating healthy, but if you are wise in your choices, it can be a real asset. Where else can you get such lovely, fresh, cut-up fruit? Such a great salad bar? So many delicious and (if you are smart) healthy choices. Don't pile up your plate just because you can. It's wasteful and it's not smart.

**4. Your Stomach.** Don't ignore it. You don't ignore it at home, why should you now? Don't eat just because the food is there; don't eat until you are sick; don't feel that you have to try every dessert on the buffet. Eat less and enjoy it. That's the real secret to not gaining weight.

**5. Don't worry.** If you gain a pound or two, don't sweat it. Just be sensible when you get home, go back to your usual routine and those couple of pounds will come right off. You just have the experience of a lifetime on your wonderful cruise. It's OK that you gained a little weight. Just a little though. That's key.

**About the Author**

Jan Ross is a freelance writer specializing in travel. You can contact Jan at [kentuckygal53@gmail.com](mailto:kentuckygal53@gmail.com) with comments or suggestions for article topics.

on

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