

## Actress, Author Mariel Hemingway & Travelers Advantage Say: Treat Yourself To a Healthy Cruise

2008-07-24

---

People think it's hard to stay healthy when traveling, but cruises offer many opportunities to eat right and stay fit. For example, top-notch cruise lines have excellent menu selections, so if you order carefully your delicious meals will also be good for you.

"If you're someone who can't handle temptation, you'll want to stay away from the cruise buffets and order from the menu," says actress and author Mariel Hemingway. "I am always ordering what's healthy, so I ask the staff very nicely, and if you are kind and humorous about your diet needs, they are always amenable."

"Cruise lines now offer very healthy dining options, including low-carb, low-fat, and no-trans-fat menus," said Leslie Downey, director of Travelers Advantage and TravelersAdvantage.com. "Combine that with extensive fitness and spa facilities, and you can stay fit while exploring the most luxurious corners of the world."

Here are a few more healthy cruise tips from the experts at Travelers Advantage:

- Talk with your headwaiter the first night of the cruise about special diet needs (i.e., low-sodium, no sugar, no fat). Cruise lines are happy to accommodate your healthy diet.
- Take advantage of the on-board gym or fitness centers. Most cruise lines offer full-service fitness centers that offer a range of cardio, weight lifting and aerobic services.
- Many cruise activities are great exercise -- try everything from ping-pong to golf. And don't forget that dancing is a wonderful workout.
- Relax with a spa treatment -- After you crunched the calories, relax with a refreshing and rejuvenating spa treatment. Cruise lines have tapped into the spa craze, and offer many indulgences to take you away on the high seas, from seaweed wraps and hot stone treatments to aromatherapy, Japanese silk booster facials and feng-shui, it's all yours while relaxing -- and exercising -- on your luxurious oceanic excursion.

This article comes from Hotel News Resource

<http://www.hotelnewsresource.com>

The URL for this story is:

<http://www.hotelnewsresource.com/article33706.html>

© 1998 - 2008 Nevistas and the author.

Brought to you by Hotel News Resource

*Distribute your news on our Network*

See what all the buzz is about at:

[http://www.hotelnewsresource.com/Info-news\\_account\\_info.html](http://www.hotelnewsresource.com/Info-news_account_info.html)