



Royal Caribbean International
VitalitySM

(vitality) n.: 1. Power of enduring 2. A lively and animated character.



INTRODUCING THE HEALTHY SIDE OF CRUISING

Vitality is a new program that can help you achieve total wellness in mind, body and spirit through the following offerings:

RELAX & REJUVENATE - GYM, SPA & PRODUCTS

In addition to all of our fitness classes, spa treatments, and products we are now offering:

- ✦ Tai Chi
- ✦ Meditation
- ✦ Chinese Herbs
- ✦ New offerings within the Elemis product line (sold at the spa)
- ✦ Origins and L'Occitane natural products (sold at Shops Onboard)
- ✦ Acupuncture
- ✦ Eat More to Weigh Less
- ✦ New Look, New You

GET STIMULATED - SPORTS & GUEST ACTIVITIES

- ✦ Vitality Lectures on wellness topics such as Health & Fitness, Stress & Relaxation, and Nutrition & Weight Management
- ✦ New Balance® self-guided running maps at select ports-of-call
- ✦ New Balance® fitness path on Labadee
- ✦ New Balance® virtual trainer kiosk onboard.

STAY ACTIVE - EXPLORATIONS!

The following are just a few of the shore excursions that promote a Vitality lifestyle.*

- ✦ Jungle Hikes
- ✦ Bike Adventures
- ✦ Rainforest & Nature Trails
- ✦ River Tubing
- ✦ Kayak Adventures

* The Explorations! order form denotes the Vitality shore excursions with the Vitality icon ✦. Presenting receipts for those excursions gets a 20% discount on select services at the Spa.

EAT WELL, LIVE WELL - FOOD & BEVERAGE

- ✦ Nutritious menu options are indicated by a Vitality icon ✦
- ✦ Guests can take home healthy recipes from the Savor Cookbook
- ✦ Fresh food products - free of trans fat

EARN GIFTS - VITALITY REWARDS

Guests can earn Vitality Rewards for attending sports and wellness events and exchange them for a logo gift. All activities with this icon 🏆 on the Cruise Compass fall under Vitality Rewards, and will be replacing the ShipShape Dollars program and the "running man" icon. 🏆

Some activities and programming are not available on all ships. | Check your Cruise Compass for times of Vitality activities.



Get out there!