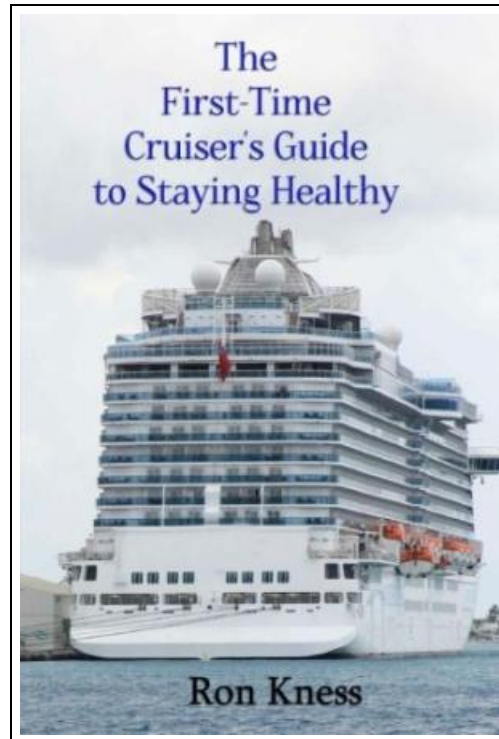


The First-Time Cruiser's Guide to Staying Healthy: How to Eat, Sleep, Reduce Stress, Stay Hydrated and Exercise to Stay Healthy While Traveling on the High Seas (Paperback)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Traveling is stressful . period. Couple that with sleeping in a different bed, eating different food, not exercising properly, not drinking enough water, being exposed to different germs and viruses, and you have a recipe for getting sick while on a cruise. However, there are several things you can do to stay healthy and enjoy yourself, instead of sitting in your ship cabin miserable and trying to get well. As a veteran of almost 20 cruises, I have noticed three things initially that usually catch up to people after about Day 3 when on a cruise vacation: too much sun, too little sleep and too much alcohol. In my book, I go into each of these things in detail, sharing what I have learned over the years about staying healthy while traveling on a cruise. We have all heard the horror stories of mass illness outbreaks on cruise ships. While the possibility always exists, taking precautions can reduce the risk.

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