



Eileen Ogintz Presents

# Taking the Kids™

[Travel Topics](#)[Travel Diary](#)[Weekly Column](#)[Travel Tips](#)[Kids' Takes](#)[About TTK](#)

## YOU CAN GET EXERCISE WHILE ON A CRUISE

Saturday, June 06, 2009

Next time you are on a cruise, skip the elevators and walk the stairs. You'll not only get where you are going quicker, but you will work off some of those extra calories, suggests Sheila Cluff, owner of fitness destination spa The Oaks at Ojai ([www.oaksspa.com](http://www.oaksspa.com)), who has been Wellness Cruises focused on fitness and healthy eating aboard some of the world's best cruise ships. She also suggests booking a room as far from the dining room as possible, sign on for fitness classes, and the most active shore excursions you can find. There are plenty of healthy eating options onboard, I've learned—as long as you can resist temptation.

[Permalink](#) • [Email This Entry](#)

[Ads by Google](#) [Child Exercise](#) [Cruise Offers](#) [The Cruise](#) [Cruise Bargain](#)

Previous: [Got a teen who's good with a video camera?](#)

Next: [KANSAS CITY HERE WE COME](#)

[<< Back to the Home Page](#)

© Disney

Florida Residents

Save up to **38%** per night

at Select Disney Moderate Resorts

[GET OFFER DETAILS](#)

WALT DISNEY WORLD

### FAMILY HOTELS FOR SIX

Need a bigger hotel room? Find hotels that can accommodate six. We list over 2,500 hotels that can sleep six in all 50 states. Family travel that fits!

[SixSuitcaseTravel.com](http://SixSuitcaseTravel.com)



Recommended by Taking The Kids:

