

A Journey of Wellness Aboard *The World*

FORT LAUDERDALE, FLORIDA – Those who call *The World* home enjoy a lifestyle unlike any other on the planet. Resident owners can lead remarkably active and healthy lives while travelling the globe through a unique combination of shoreside adventures, daily exercise programs, gourmet dining, luxurious pampering, and much more. While the Ship boasts a state-of-the-art fitness center, yoga studio, world-class spa, lap pool, and the only regulation-sized tennis court at sea, there are myriad ways for Residents to align their health and wellness goals with the wonder of non-stop, global exploration.

The Ultimate Lifestyle of Adventure, Wellness and Enrichment

It is easy for Residents of *The World* to maintain or begin a healthy lifestyle from the comfort of their home at sea. From exceptional onboard fitness and spa facilities to shoreside activities at destinations on every continent, Residents can find endless ways to exercise, stay active, explore, and pamper themselves. During its popular Wellness Week, Residents can discover the powerful tools of Ayurveda, an ancient health system, guided by Ayurvedic healthcare specialists and culinary experts through integrated programming: meditation, diet, exercise, yoga, breathing workshops, nutritional lectures, cooking classes, wellness menus and private consultations – all designed to reduce stress and reset body and mind.

Shoreside Excursions

At landings throughout the journey, *The World's* own fitness specialists and other local guides lead energizing activities specially designed for all experience levels. A diverse selection of programming provides a multitude of wellness opportunities to enjoy while exploring the most amazing destinations on earth. Each stop of the journey brings unforgettable ways to stay fit like hiking the Copolia Trail in the Seychelles or Athens' ruins and forests, SCUBA diving Saipan's limestone Grotto and its underwater world or golfing renowned courses like St. Andrews using tips from the Ship's resident PGA pros. Fitness regimes are anything but routine for Residents who have enjoyed cycling excursions through Vancouver's natural and urban landscapes, walking tours of New York City, Hong Kong or Gibraltar and its World Heritage Site of the former Imperial city of Marrakech, and countless snorkeling adventures including Australia's Great Barrier Reef, the largest coral reef system in the world.

Onboard Fitness Activities

One of the most popular places on the Ship, *The World's* Fitness Center, includes inside and open-air areas to work out any time of day or night with state-of-the-art equipment. Qualified fitness specialists offer a range of activities and lead customized programs and classes to fulfill all interests and athletic levels: Pilates, Aqua, Circuits, Power Walking, Yoga, Bodypump, Spinning, Zumba, Cross Fit, and more. The Ship boasts a jogging/walking track, two swimming pools, and the only regulation-sized tennis court at sea, which also holds cricket matches and pickleball and basketball games. Enjoy watersports, launching a Hobie cat, kayak, or other personal watercraft from the Ship's retractable Marina deck. Residents can also improve their swing on the virtual golf simulator or refine their short game on the outdoor putting green on Deck 12.

The World Spa & Wellness Center

When it is time to rejuvenate, The World Spa & Wellness Center is a 7,000 sq ft sanctuary of the senses. The Spa offers a wide range of results-driven therapies and products to help unwind after a workout and support the holistic health of body and soul. A team of experts guides Residents on their long-term

journey of health and well-being with an extensive menu of services including unique offerings such as lip-laser body contouring; multi-wave LED light therapy for anti-aging / pain management; oxidative stress cell repair therapy and an innovative Vichy bed for enhanced full body hammam treatments. The Aqua Spa pool boasts state-of-the-art Cleopatra infrared heated relaxation beds and integrated steam and sauna rooms for complete tranquility. A choice of massage techniques – Swedish, Thai, deep tissue, hot stone, and many others, are all performed by skilled therapists. Featured products and services include Natura Bissē cosmetics, Luzern skin care, CACI non-surgical facelift system, Biologique Recherche cosmetic treatments, Zerona Z6 non-invasive laser and more.

Physiotherapy

The World also offers physiotherapy services by qualified and highly experienced physiotherapists who work in conjunction with the Ship's onboard Doctor and Fitness Instructors. The program provides traditional physiotherapy assessments, hands-on treatment and therapeutic rehabilitation including rehabilitative Pilates and utilizes top-of-the-range equipment including a Teeter Back Traction Machine. All treatments are aligned with the Ship's Wellness Program with sessions carried out in the Physiotherapy Room within The World Spa & Wellness Center, while certain rehabilitation sessions take place in the Fitness Center, Studio, Marina Pool, or outside on deck. The program provides personalized and client-centered service that delivers cutting edge biomedical treatments and enhances the wellbeing, lifestyle, and experience of each client. Special emphasis is placed on seamlessly continuing treatment on board and at home by effective communication with shoreside healthcare providers. Elite rehabilitation is provided by incorporating the latest software and equipment for client education, the use of the Fitness Center, and hydrotherapy treatments.

Healthy Eating & Culinary Adventure

Extraordinary culinary experiences are the final compliment in *The World's* comprehensive approach to onboard health and wellness. Residents enjoy fresh local ingredients from ports of call around the world, many hand-selected by our executive chef who relishes visiting farmer's markets in the early morning hours. Exploring new cultures through food is a favorite pastime among the community. There is also an endless array of healthy eating options with a Regional Healthy Cuisine menu item featured most days. Fredy's Deli, the onboard gourmet marketplace, features fresh fruits and vegetables and other healthy foods to grab 'n go or bring back to one's Residence kitchen. *The World's* Food & Beverage team can custom tailor a meal program that supports a Resident's nutritional goals – whether dining in one of the Ship's six unique restaurants or enjoying one prepared in their Residence by one of our world-class chefs.

About *The World*

Launched in 2002, *The World*[®] is the largest privately owned, residential yacht on earth with 165 luxury Residences. A diverse group of Residents from 20 countries own the homes onboard and share interests in world cultures, history and adventure, and exploring fascinating destinations. They circumnavigate the globe every two to three years following an extraordinary itinerary that they select. In-depth expeditions and one-of-a-kind experiences are complemented by world-class amenities and impeccable service. To learn more about this unique lifestyle call 954-538-8449 or visit www.aboardtheworld.com.

To learn more about *The World's* unique lifestyle, call +11.954.538.8449 or visit aboardtheworld.com

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