

THE CHESHIRE MAGAZINE

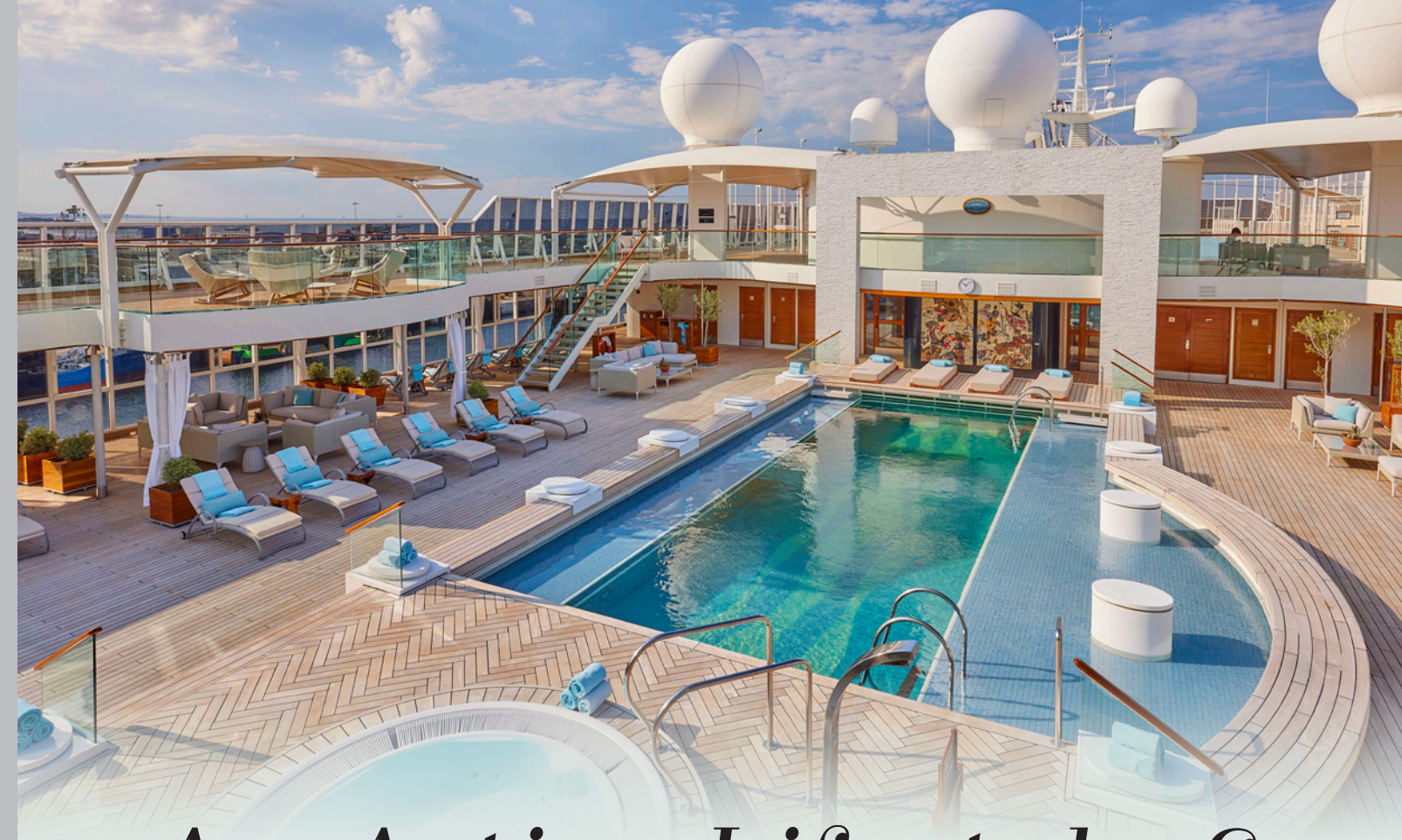
ISSUE 121

Porsche 911
DAKAR FOR ALL SEASONS

Kids' Country
Day Nursery
A decade of learning,
adventure & play

NEW YEAR
Newness

This season's jewellery must-haves



An Active Lifestyle & Journey of Wellness

The World is the largest private residential yacht on earth where its residents travel the globe without ever leaving home

This community at sea remains the only private residential mega yacht in operation today having visited over 1,000 ports of call in more than 120 countries. With a continuous worldwide itinerary that enables the vessel to span the globe every two-to-three years, the ship is a complete floating city, equipped with high-end facilities and luxurious amenities that create an intimate, refined atmosphere for its resident owners. The strikingly beautiful and well-appointed ship promises personalised, anticipatory service customised to its resident's preferences in a warm and inviting ambience much like that of a private yacht, well-staffed private home, or exclusive country club. The World is a unique combination of six-star hotel with luxury services and amenities and private mega yacht.

Maintaining a healthy and active lifestyle on The World is easy through a unique combination of exhilarating shoreside adventures and onboard exercise programs that offer total wellness while travelling the globe. Residents can align their health and wellness goals with the wonder of non-stop, ➡





→ global exploration. The ship's integrated approach includes a combination of fitness and nutrition by way of a state-of-the-art Fitness Center and personal trainers, Yoga and Pilates Studio, The World Spa, two pools including a lap pool, jogging, and walking track, putting green, the only full-size, regulation tennis court at sea, healthy dining options, and more.

Programs are designed to suit varying fitness levels and personal interests. Whether it's a sunrise class of Fresh Air Yoga or stretching on deck among Iceland's fjords, scuba diving the French Polynesian islands, hiking volcanic glaciers in the Arctic Circle, or biking Vancouver Harbor, sustaining an active lifestyle while travelling has never been so easy or inspiring.

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 offering a wide range of results-driven therapies and products to help unwind 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 and unique offerings including body treatments, massage, facial/aesthetic and physiotherapy treatments, body sculpting, grooming, nail treatments and hair services.



Shoreside Adventures

At landings throughout the journey, The World's fitness specialists and local guides lead energising activities. A diverse selection of programming provides a multitude of wellness opportunities to enjoy while exploring the most amazing destinations on earth. The ship's journey combines staying fit with cultural learnings like exploring the archaeological sites in the iconic Rapa Nui (Easter Island) or experiencing the ancient art of spear fishing with fishermen who always greet people with a renowned warm welcome. For those seeking more relaxed pursuits, walking tours are organised in busy cosmopolitan cities and sun-drenched secluded remote islands.

Onboard Fitness Activities

One of the most popular places on the ship, The World 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 fulfil 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 full-size, regulation tennis court at sea, which also holds cricket matches, pickleball and basketball games. Enjoy watersports, launching a Hobie cat, kayak, or other personal watercraft from the ship's retractable marina deck or visit The World Golf Club on Deck 12 where you can practice your swing on the virtual golf simulator or refine your short game on the outdoor putting green.



Wellness and Enrichment Programs for the Mind, Body, and Soul

During the ever-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.
- The latest research on Ageing Gracefully Science, a program inspired to deliver the latest and most accurate scientific and clinical research on various wellbeing topics supported and delivered by lead researchers in the wellbeing field – all designed to educate and enhance good lifestyle habits.

Healthy Eating & Culinary Adventure

Extraordinary culinary experiences complement The World's fitness regime. Residents can enjoy fresh local ingredients from ports of call around the world, many hand-selected by the executive chef who relishes visiting farmer's markets in the early morning hours. Exploring new cultures through food is a favorite pastime among residents. There is an endless array of healthy eating options with a 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. Meal programs can be tailored to support 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 the ship's world-class chefs. 🍴

To find out more about The World and its wellness offerings please visit aboardtheworld.com