



First, if you're going on a four-meal-a-day cruise or to buffet-crazy Vegas, this basic rule should be for you. Just eat smaller portions of low-calorie food and get regular daily exercise.

However, if it were so simple, why do you see so many senior tourists huffing and puffing around Paris, Rome, Hollywood, Las Vegas, London and New York: They're just barely able to drag their excess pounds along. And seagoing seniors waddling along the decks of those luxury liners. Observe others loading fourth-helping platters of pastas and pies at a Vegas buffet. Whether at a buffet or dining at sea, take just a sensible portion of each goodie, especially fatty meats and heavy desserts. To fill up, hit the salad bar for fresh, raw veggies. Make your main course fish or chicken, and finish with fresh fruits for dessert.

Just as important as keeping food intake modest while traveling, is regular daily exercise. Whenever there's a chance to hike, bike, swim or climb, do it for at least an hour a day in sessions of 15 to 20 minutes each. When aboard ship, sign up for exercise classes and hike or jog several times daily around the track deck.

If wanderings take you to a big city, instead of jumping into taxis, walk to tourist sites. If you're slowed down by advanced age, need a cane or are in a wheelchair, be sure to do as much exercise as you can handle. It's OK to spend lazy time in the sun, especially if you've just survived a snowy winter at home, but balance it daily with a sensible exercise regimen.

If at a resort with golf, swim, snorkel, whirlpool and gym facilities, take full advantage of them daily. And, if you can spare the dough, both from your wallet and from your thighs, indulge in soothing spa massages.

Join in on moonlit dances when cruising and at resorts. You can get lots of exercise on the dance floor. If you want real action, put together several low-calorie drinks with a slow, romantic

dance number. Then, if you're a lucky senior, some more intimate late night exercise could happen.