



Press Release

Olympic stars on board the AIDA fleet

The sports icons Heike Drechsler, Birgit Fischer and Steffi Nerius are bringing fresh verve to the days at sea during the 2016 AIDA cruises with workshops and coaching

The track and field athletes Heike Drechsler and Steffi Nerius, as well as the canoeist Birgit Fischer, will be on board AIDA's 2016 Atlantic and Nordic cruises. These top athletes are the pride of Germany, and have received global attention with their numerous Olympic medals. Now AIDA guests can talk to them in person and attend workshops and coaching sessions to learn how to make keeping fit fun and stay motivated to do sports once the cruise is over.

The likable Heike Drechsler, now 50, is at the top of the list of the world's elite athletes, and Germany's most successful track and field athlete. Today, the two-time Olympic medalist follows this recipe for success: "Plenty of exercise in combination with a balanced diet and a refreshed state of mind." Guests can particularly benefit from her experience – gained during an exceptionally long sporting career – by attending her on-board fitness workouts held on the days at sea on the AIDA cruise to the Arctic Circle (May 23 to June 9, 2016). The attendees will have the chance to get to know this straightforward and likable mega-athlete in person.

Birgit Fischer took home a legendary eight gold and four silver medals from the Olympic Games. During two AIDA Atlantic cruises (March 27 to April 15, 2016, and October 15 to November 2, 2016) and one Northern European cruise (26 June to 13 July, 2016), the world's best canoeist will be on hand to provide coaching to sports enthusiasts during at least two workshops per day at sea.

Despite facing many obstacles in her sporting career, Steffi Nerius never lost sight of her goals. During the AIDA Nordic cruise (July 30 to August 13, 2016), she will give workshops and talks on mental strategies for achieving success in everyday life and at work.

Regeneration and mental strength are just as important for a simple sense of well-being and the right balance. This is why AIDA+ cruises are rounded off with expert nutritional consultation and mental training programs. At a special cookery school, guests can learn how to prepare healthy and varied meals at home. Anyone wanting to know their fitness level so they can continue with their sporting ambitions once back home can have their metabolism and body fat measured on board and receive a customized training and nutrition plan. Instead of arriving back home with unwanted extra kilos on their frame, guests on the AIDA+ theme cruises can enjoy a new positive body image. In the spa area, guests can relax while enjoying the various wellness treatments and recharge their batteries ahead of new challenges.

An overview of the dates:

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- Lighter living on the Atlantic, 13/19 days from April 2 to 15, 2016, on board AIDAdiva, from the Dominican Republic/Barbados to Tenerife with Birgit Fischer – the world's best canoeist.
- Lighter living in Northern Europe, 17 days of highlights at the Arctic Circle from May 23 to June 9, 2016, on board AIDAluna, from/to Kiel with Heike Drechsler – “the long-jumper of the century” (two-time Olympic gold medalist, two-time world champion, five-time European champion)
- Lighter living in Northern Europe, 17 days from June 26 to July 13, 2016, on board AIDAluna, from/to Kiel to the highlights at the Arctic Circle with Birgit Fischer – the world's best canoeist.
- Mental strength with Steffi Nerijs, 14 days, from July 30 to August 13, 2016, on board AIDAvita, Norway including Lofoten Islands & North Cape, from/to Kiel
- Train with Birgit Fischer, 18 days from October 15 to November 2, 2016, on board AIDamar, from Hamburg to New York

You can find many additional highlights from the AIDA+ program 2016 at www.aida.de/aidaplus. All trips can be booked at a travel agency, on the AIDA website and the AIDA customer center at +49 (0)381/202 707 07.

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