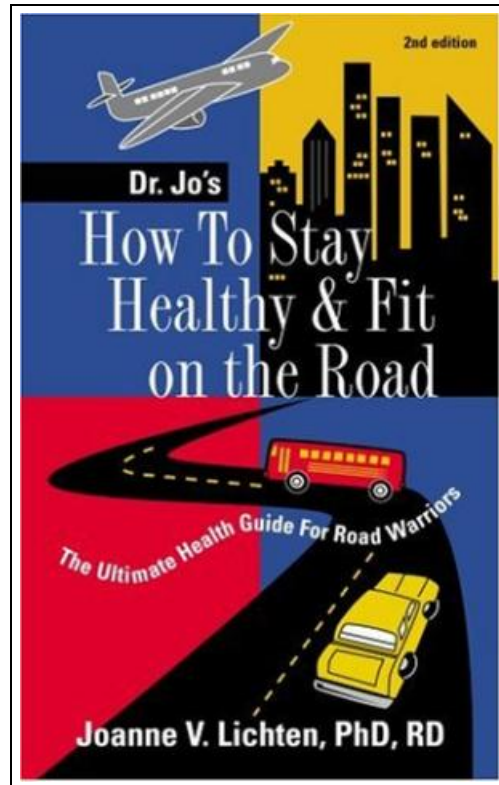


How to Stay Healthy Fit on the Road



Filesize: 3.67 MB

Reviews

It is one of my personal favorite pdf. Of course, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Nicholas Ratke)

HOW TO STAY HEALTHY FIT ON THE ROAD



Nutrifit Publishing, United States, 2006. Paperback. Book Condition: New. 203 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.Does your business and/or recreational travel make you feel fat and fatigued? Learn powerful tips from experienced travelers about: -How to eat healthy in every restaurant -Dr Jo s Eat Out Lose Weight Plan -How to fit fitness into your busy day -Where to find fitness rooms near most major airports -Dr Jo s Hotel Room Workout -How to fall asleep fast with Dr Jo s D.R.E.A.M. Formula -How to treat common traveler s ailments including jet lag -Dr Jo s Prescription for Keeping Your Energy Up All Day Long -How to make travel (and the return home) less stressful -Tips on packing light - Recommendations for staying safe on the road -How to stay connected with friends and family -Commonly needed websites and phone numbers for travelers ., a rich source of common-sense solutions and resources for frequent travelers. Tips on packing smartly, reducing stress, coping with medical ailments, and keeping in touch with the family make this book a useful problem-solving tool. - National Geographic Traveler As the frequent flyer guru , I am supposed to already know everything in this book. I have to admit - I don t. Dr Jo really does know what she is writing about and I am a better traveler for that. - Randy Petersen, editor, Inside Flyer Magazine Dr. Jo combines her own experience along with research and other travelers experiences on how to remain healthy while far from home. - Business Traveler Magazine .this pocket-size guide [is] a traveler s favorite companion. - Bon Appetit ., filled with little-known facts designed to make you more productive on business trips and to help you squeeze more enjoyment out..



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