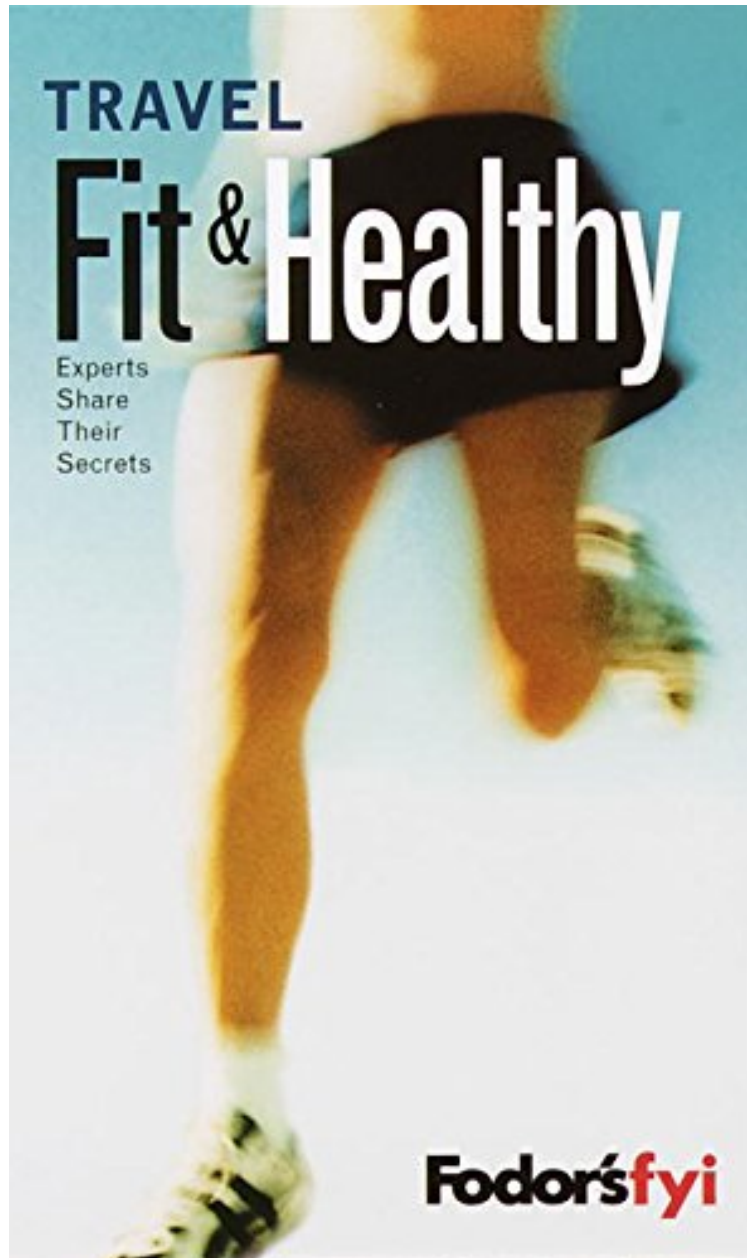


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Fodor's : Fodor's FYI: Travel Fit and Healthy, 1st Edition: Experts Share Their Secrets (Travel Guide) before purchasing it in order to gage whether or not it would be worth my time, and all praised Fodor's FYI: Travel Fit and

Healthy, 1st Edition: Experts Share Their Secrets (Travel Guide):

Fodor's fitness gurus know how to keep fit away from home, and they share their wisdom in this book. Follow their game plan, and you may come home feeling better than you did before you left. Let them advise you on: creating your own personal Fit List (and sticking to it) with step-by-step instructions; finding the healthy alternatives on any menu; 15 exercises to do anywhere; beating jet lag; combating neck pain, dehydration, and other travel woes; and tips on staying healthy wherever you go. Plus the #1 most important healthy- travel tip; a basic first aid guide; real-life stories from travelers like you; questions and answers; checklists, do's and don'ts; web sites, addresses, and phone numbers. So if you can't stay fit on the road, try again!

From the Inside Flap Fodor's fitness gurus know how to keep fit away from home, and they share their wisdom in this book. Follow their game plan, and you may come home feeling better than you did before you left. Let them advise you on: creating your own personal Fit List (and sticking to it) with step-by-step instructions; finding the healthy alternatives on any menu; 15 exercises to do anywhere; beating jet lag; combating neck pain, dehydration, and other travel woes; and tips on staying healthy wherever you go. Plus the #1 most important healthy- travel tip; a basic first aid guide; real-life stories from travelers like you; questions and answers; checklists, do's and don'ts; web sites, addresses, and phone numbers. So if you can't stay fit on the road, try again! Excerpt. Reprinted by permission. All rights reserved. A Fit Approach to Travel Imagine getting so caught up in your travels that you return feeling relaxed, rested, and inspired. It's a romantic notion, one shared by many travelers. But the reality is that any trip, whether it's a month-long safari in Africa or a two-day conference in Akron, can make you feel like you've been mowed down by the California Zephyr, and there's nothing romantic about that. The way people approach travel has changed. In this work hard-play hard world, travelers are packing more and more into their vacations. In the corporate world, the very nature of business travel means juggling schedules, squeezing in meetings, running to catch planes. No wonder people return from trips sick, tired, and with a few extra pounds around their middles. Here's the good news: with a little forethought, you can keep that mowed down feeling to a minimum. You can even return from your trip feeling better than when you left. This book will help you plan a trip with your health and fitness in mind. It includes strategies for preparing your body for the rigors of travel, taking care of yourself en route, exercising when you're on the go, and, perhaps most importantly, eating well when you're on the road. You'll find tips on how to stay in optimum physical, mental, and emotional condition on the road. You'll look and feel better while you're gone -- and when you return. You'll have that extra pep to face whatever challenge comes your way.