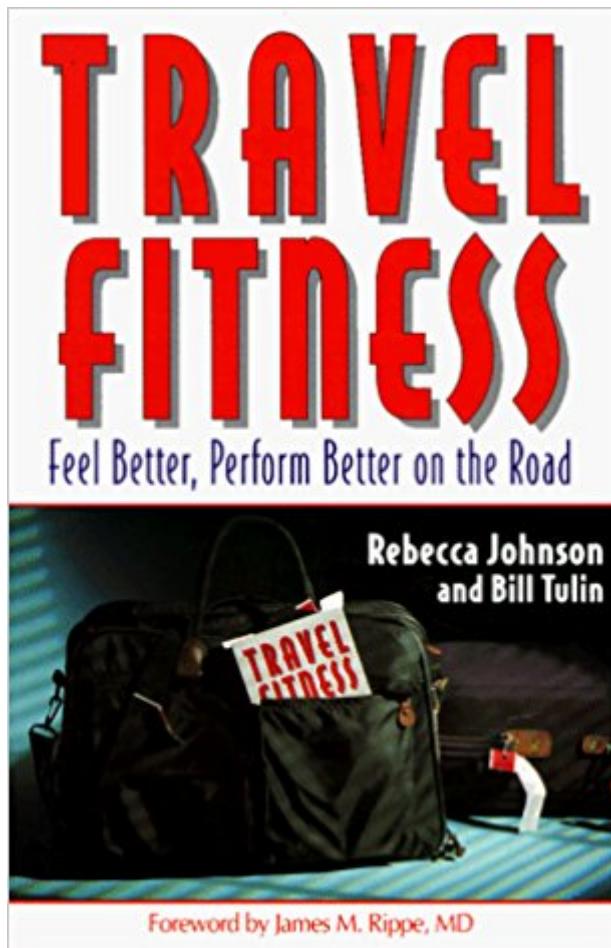


The book was found

## Travel Fitness



## Synopsis

Are you a road warrior who's losing the travel battle? Do jet lag, job stress, rich food, lack of sleep, or body aches turn travel into survival tests? Have you resigned yourself to feeling and performing subpar when away from home on business or vacation? Discomfort and fatigue are unnecessary expenses paid by too many frequent travelers. "Travel Fitness" can spare you that heavy toll. This one-of-a-kind book includes commonsense strategies, effective exercises, and travel tips from hundreds of frequent travelers, fitness experts, physicians, nutritionists, and research scientists. Pack this information, and you'll feel better and be more productive when you're on the road.

## Book Information

Paperback: 201 pages

Publisher: Human Kinetics Publishers; Underlined, some Notation edition (May 1995)

Language: English

ISBN-10: 0873226550

ISBN-13: 978-0873226554

Product Dimensions: 9 x 6 x 0.6 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #3,166,394 in Books (See Top 100 in Books) #56 in Books > Travel >

Reference > Tips #2217 in Books > Health, Fitness & Dieting > Safety & First Aid #8346 in Books > Travel > Reference > General

## Customer Reviews

I found the bits about the various biorhythms most interesting--how your basal body temperature, hormones, metabolism, and sleep patterns all work on different and overlapping cycles. There's also a jetlag avoidance planning section I found helpful. I lent this to a coworker for whom, it seems, improved fitness was not enough help him manage his travel. He quit before returning the book and hasn't been in touch since. I assume he kept it because he liked it.

I really enjoyed this book. As a frequent traveler I really found the information on exercise, nutrition, and physiology interesting and informative. I found the book to be very easy to read and apply to my travels. Since reading the book, I have been able to make many changes in my travel routine. Now I feel more rested, and healthier in mind and body while on the road, and after I return. I have been able to stay in great shape, eat right, and feel super in spite of my hectic travel schedule. All of the

information that I needed to accomplish this, I found in Travel Fitness.I highly recommend this book to anyone who wants to feel better on the road, and enjoy their vacation time more.

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Plan Ahead Central Europe Travel Guide: Prague Travel Guide, Austria Travel Guide, Vienna Travel Guide, Salzburg Travel Guide, Budapest Travel Guide (Plan Ahead Travel Guide) Travel: Amazingly Shocking Insider Travel Industry Tactics To FREE And Low Cost Travel Uncovered (Travel Books, Travel Reference) (travel writing, cruise, ... safari guide, how to travel the world) Fitness The Complete Guide (The Official Course Text For ISSA Certification Course For Fitness Trainers) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Fitness y Consejos : 2017: Claves para iniciar una Fitness Life (Spanish Edition) Fitness Cross-Country Skiing (Fitness Spectrum) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less à " from someone whoâ™s done it Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone whoâ™s done it. Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis Golf Fitness: An All-Inclusive Golf Fitness Program For Golfers Only

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)