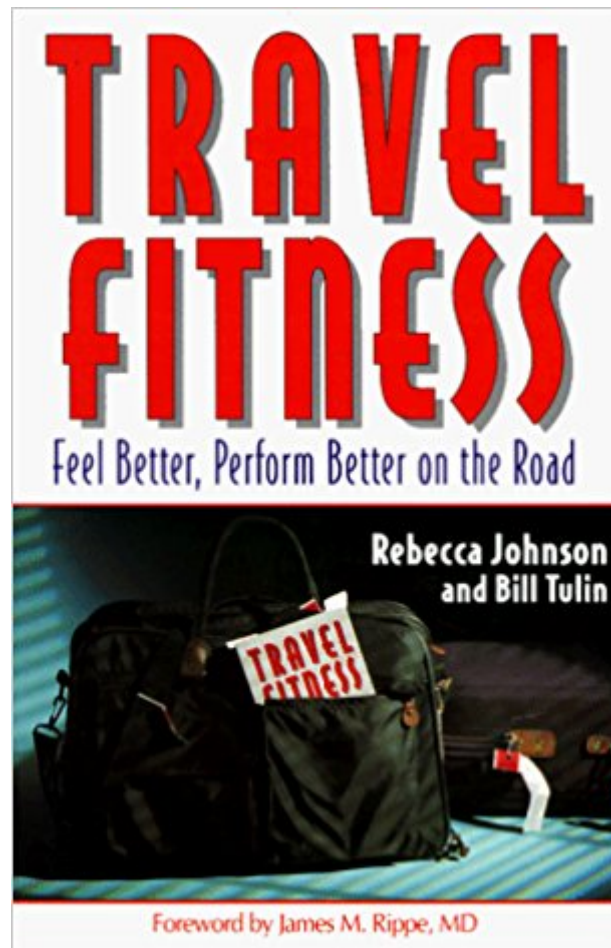




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# Travel Fitness



## 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.

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