



## How to Stay Healthy Fit on the Road

By Joanne V Lichten, Dr Jo

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...



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