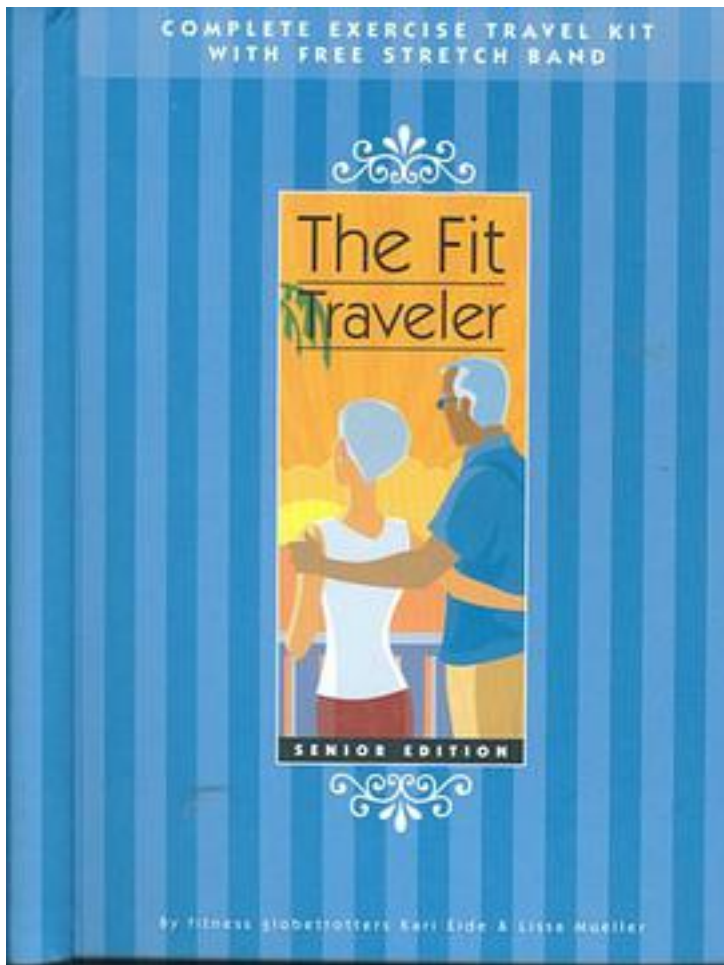


The Fit Traveler



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著者:Mueller, Lissa

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Finally, a practical, fully-illustrated guide to using lightweight, elastic resistance bands for a dynamic, efficient, full-body workout--any time, any place. The program and kit

(comes with a free stretch band) are specially created for the senior traveler who wants a convenient, effective workout without leaving the safety and privacy of a hotel room. The 20 top exercises are explained and photo-illustrated in color. Hard case binding contains a convenient pocket for storing the stretch band. Tips on travel, exercise, and diet help round out this concise and effective program. This award winning, highly endorsed title has been featured nationally in major newspapers (Star-Tribune, Post, Chronicle, and more), magazines (Shape, Oxygen, Fitness, and more), and on-line venues. Sold in Travel, Fitness, Gift, and Senior categories.

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