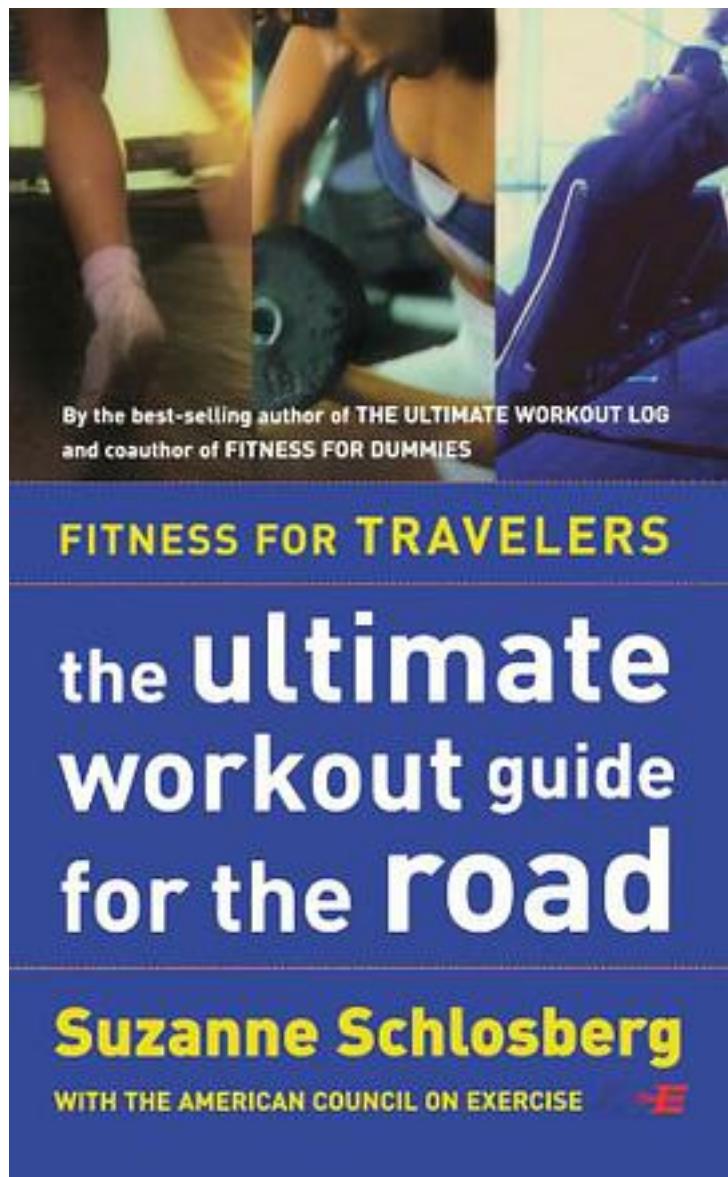


Fitness for Travelers



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From the best-selling author of THE ULTIMATE WORKOUT LOG and coauthor of FITNESS FOR DUMMIES, FITNESS FOR TRAVELERS is an informative and entertaining guide for travelers who want to stay fit on the road. It's tough enough to exercise regularly when you're at home. But when you're disoriented from jet lag, stressed out by business meetings, and daunted by unfamiliar or prehistoric exercise equipment, staying fit becomes an even bigger challenge. Suzanne Schlosberg, in conjunction with the American Council on Exercise -- the country's top workout watchdog -- tells readers how to stay fit, eat right, and feel great while traveling for business or pleasure.

Schlosberg combines extensive resources with motivational advice from some of the world's busiest travelers to arm people of all fitness levels with the confidence, skills, and know-how to create their own travel fitness program. In this book, you will find *

- More than 25 workouts for any location or situation *
- Strategies for fitting fitness into your busy itinerary *
- Resources for finding gyms, running routes, and pools around the world *
- Guidance for creating your own travel workouts *
- Advice for eating more healthfully on the fly *
- Essential gadgets for the fit traveler's suitcase

作者介绍:

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