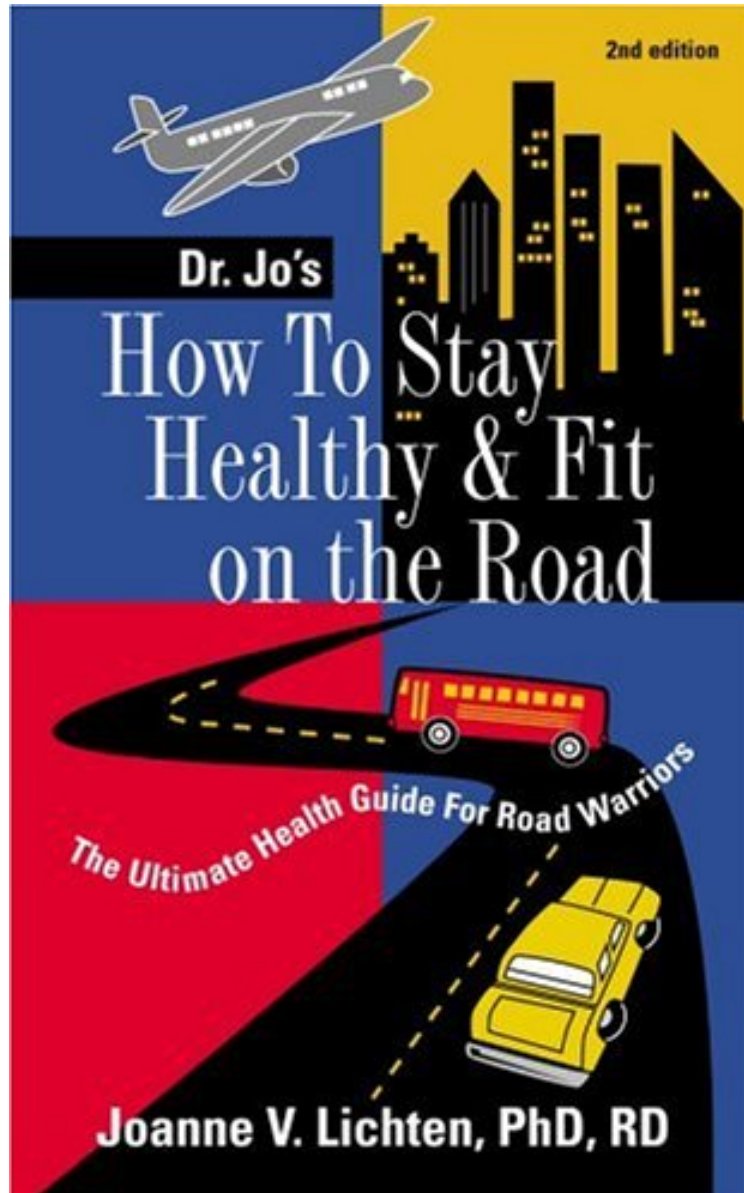


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How to Stay Healthy Fit on the Road

Joanne (Dr. Jo) Lichten PhD RD
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Joanne (Dr. Jo) Lichten PhD RD : How to Stay Healthy Fit on the Road before purchasing it in order to gauge whether or not it would be worth my time, and all praised How to Stay Healthy Fit on the Road:

0 of 0 people found the following review helpful. Great Travel Companion By T. Gidus Dr. Jo's Eat Out Healthy is a great tool to help anyone navigate healthfully through the world of dining out no matter what your taste or your

nutrition knowledge base may be. This book starts off with the basics of nutrition and health as well as general tips to eat out healthy before launching into the more gritty details of the specific restaurants and food groups. It has something for everyone, whether you are a college student who frequents the drive-thru's of Taco Bell and In-N-Out Burger or an older adult who likes to dine out with your spouse from time-to-time at Lone Star or Morton's Steakhouses. Dr. Jo equips you with info to eat out confidently without forfeiting your health. The book includes over 100 popular restaurants across America so there are sure to be some names you recognize from your town. 10 of 14 people found the following review helpful. Recommendations for safe, healthy traveling By Midwest Book Review Dr. Jo's How To Stay Healthy Fit On The Road is a pocket-sized paperback compendium of information, suggestions, and recommendations for a safe, healthy experience while traveling. Practical, easy-to-incorporate tips range from how to get a good night's sleep while on the road to staying connected to family and friends while traveling. Here is to be found a wealth of information for reducing the stress associated with our modern age of travel, healthy choices for eating on the go, and the benefits of staying fit and packing light. Whether its just a weekend get-away vacation or you are constantly on the road for business trips, take along your own copy of Dr. Jo's How To Stay Healthy Fit On The Road. 1 of 3 people found the following review helpful. Perfect for Frequent Travelers By P. Gavril This book is valuable for anyone who travels frequently, particularly as part of their job. As a Life Coach I have recommended this for individuals who are away from home, 1-3 weeks every month. Every individual I have recommended this book to has found it helpful. Along with coaching through any potential barriers, they have succeeded with maintaining their health while traveling, by car or air, while entertaining clients and much more.

This book is full of solutions for frequent travelers. Discover ways to: - eat healthy (and even lose weight) in any restaurant - stay in shape on the road with Dr. Jo's Hotel Room Workout - get a good night's sleep anywhere with Dr. Jo's D.R.E.A.M. Formula - stay connected to friends and family - control jet lag, traveler's diarrhea, and motion sickness - pack light and travel-proof your wardrobe - energize with Dr. Jo's Prescription for Keeping Your Energy Up All Day Long

Although you've heard some of Lichten's suggestions before...many are new and innovative, and the oldies are good reminders.-- Chicago Tribune...this pocket-size guide [is] a traveler's favorite companion.-- Bon Appetit How to Stay Healthy Fit on the Road is a handy guide to take along when traveling, whether it be by car, plane, or train.-- Women With Wheels...provides practical tips that she learned from research, her own experience, and hundreds of travelers.-- International Travel News With an emphasis on nutrition and easy fitness, Dr. Jo's How to Stay Healthy Fit on the Road is 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 It is a given that most road warriors don't have the best eating habits, with the temptation to order room service, dine out nightly at new restaurants and down fast food in airports... In her new book, How to Stay Healthy Fit on the Road, Dr. Jo combines her own experience along with research and other travelers experiences on how to remain healthy while far from home. --Business Traveler As the frequent flyer guru, I am supposed to already know everything in this book. I have to admit - I don't. Dr. Jo's How to Stay Healthy Fit on the Road offers a realistic guide for doing just that. --Randy Petersen, editor/publisher, Inside Flyer Magazine From the Author Dr. Jo began traveling in 1994, presenting keynote and full-day programs all over North America. Though trained as a registered dietitian, she found herself putting on weight and feeling sluggish. After much research and interviews with hundreds of other business travelers, she wrote How to Stay Healthy Fit on the Road. From the Inside Flap Dear Fellow Traveler: According to the Travel Industry Association of America, there are 44 million business travelers and 93 million recreational travelers. What all of us have in common is leaving - leaving the comfort of familiar surroundings for the uncertainty and excitement of what lies beyond the next bend. If you're a business traveler, you may have heard people comment about all the fun and freedom you must be experiencing. This is hardly the emotion that most of us feel when we hit the road. Our travel is not our "raison d'être," but rather just the cost of doing business. When we compound work and family commitments with hectic, unpredictable travel schedules, drives in unfamiliar cities, a different hotel room every night, and the monotony and loneliness of eating in restaurants, we often impact our health negatively. It shows in unwanted weight gain, insomnia, and low energy levels. Many recreational travelers (as a badge of honor) characterize their vacations in terms of weight gained. Returning more fatigued than when they left, they'll say "I need another vacation to recover from this one." Leisure travel need not be so exhausting. It is my hope that this book will help make you healthier, happier, and most of all serves to recharge your batteries. Dr Jo