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## The Traveler s Diet: Eating Right and Staying Fit on the Road (Paperback)

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By Peter Greenberg

Villard Books, 2006. Paperback. Condition: New. Language: English . Brand New Book. Expand your travel horizons without expanding your waistline No matter how healthy or balanced your diet, the minute you start traveling, all bets are off. And Peter Greenberg should know. After two decades as a television correspondent (logging an average of 400,000 air miles a year), this frequent flier finally stepped on the scale and then vowed to lose seventy pounds. Now, after sharing insider secrets on hotels, airlines, and cruise ships, he tells you the secret of diet, exercise, sleep, and losing weight while on the road. Each component of the travel process is examined; the results will surprise you and help you to learn: - What new time zones do-and don t do-to your metabolism - Which airports have the best/worst food. - What to eat before flying - The real truth about how much water to drink-and what kind - How to work out in flight, without turbulence - The healthy choice hotel menus that lie - When to sleep and when to stay awake-some real surprises. - How to turn your hotel room into an instant gym - How to stay in ship-shape while...

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