



## How to Stay Healthy & Fit on the Road

*Joanne (Dr. Jo) Lichten PhD RD*

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# How to Stay Healthy & Fit on the Road

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## **How to Stay Healthy & Fit on the Road** Joanne (Dr. Jo) Lichten PhD RD

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

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