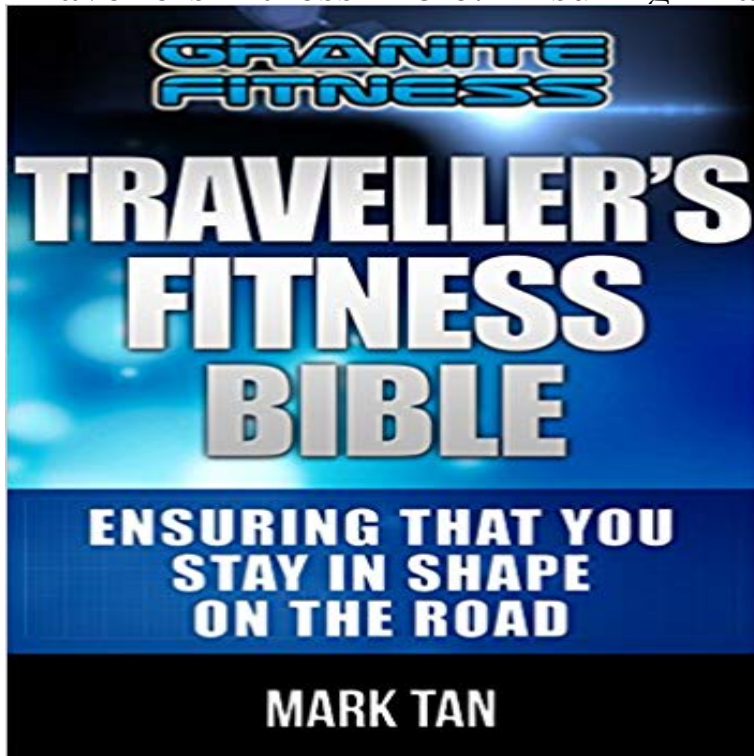


Travellers Fitness Bible: Ensuring That You Stay In Shape On The Road



If you are a traveller, you probably already know that staying in shape while travelling can be very difficult. The break in routine and constant exposure to unhealthy food almost always makes you tired and willing to abandon your healthy eating and exercise plans. What if someone told you that a busy travel schedule does not have to equate to a poor diet, an abolition of exercise plans, constant lethargy and gradual weight gain? Long-term weight loss success story and frequent traveller Mark Tan reveals the secrets that have kept him in shape over the long term, even while on the road. His new book *Travellers Fitness Bible : Ensuring That You Stay In Shape On The Road* demonstrates success ways of keeping in shape by showing you: - How to have the right mindset to keep you on track towards your fitness goals when you are travelling - How to eat healthily when travelling, especially when faced with exotic cuisine - How to deal with food and alcohol at business meetings - How to incorporate cardio and strength training in your travel routine - How to exercise with minimum equipment, if any at all. Although you might be sceptical of this due to previous personal experience, let this book prove that it is possible to stay fit on the road. Grab a copy of the *Travellers Fitness Bible* today! Happy travels!

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