



The Traveler's Diet: Eating Right and Staying Fit on the Road

Peter Greenberg

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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 actually at sea.
- Eat well without overdoing it—even in France and Italy
- How to create healthy structure with an unstructured schedule

Together with medical, fitness, nutrition experts, and aeromedicine and exercise physiology consultants, Peter Greenberg provides a practical plan that works for road warriors and leisure travelers alike. Whether you're jetting off to Mumbai or Memphis, this entertaining guide ensures that you arrive at your destination in style and in shape.

From the Trade Paperback edition.

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Deborah Green:

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