



# Health & Fitness for the Road Warrior: Consistent Fitness by Staying Consistently Healthy

*Kurt Gutierrez*

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*Kurt Gutierrez*

**Health & Fitness for the Road Warrior: Consistent Fitness by Staying Consistently Healthy** Kurt Gutierrez

This comprehensive guide for the busy traveler will show you how to look and feel better. Are you the traveler who is always rushed? Are you feeling stressed, having trouble sleeping, or overeating at pizza stops at the airport? Do you find it difficult to tolerate the discomfort and fatigue of travel? This book was written as a survival guide for travelers who want to get control over their lives by a business executive who logs over 100,000 travel miles a year. In this book you will learn: How to minimize stress and sleep better. How to lose fat by being more active on the road. How to exercise without having to go to a health club. How to have fun on the road and a lot more.

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