

## The Fit Traveler: Senior Edition

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### AWARD-WINNING CITATIONS FOR GIFT / NOVELTY / FITNESS BOOKS

Book of the Year Finalist —Independent Publishers Awards (IPPY) for best Gift/Novelty Book

Best Books of 2006 Finalist —USA Book News for best Health, Exercise, and Fitness Book

### ENDORSEMENTS / PRAISE FOR *THE FIT TRAVELER: SENIOR EDITION*

“This is my favorite book, and I do mean that. It takes a lot to be my favorite book. As soon as I opened the book, I realized it was something that is really worthwhile. I’m leaving on a trip in a couple of hours and this book is in my purse. I even plan to use the book’s resistance band on the airplane when I need a stretch! I recommend *The Fit Traveler* (Original or Senior Edition) to anybody who’s interested in staying fit while they’re on the road.”

—Sandy Dhuyvetter, *TalkTravelRadio.com*, from interview with author 10/29/06

“*The Fit Traveler: Senior Edition* is a MUST READ for those who want to get in shape, stay in shape, and for those who want to play with their grand-children pain free. Many lose flexibility and strength as they age. *The Fit Traveler* can help you maintain your fitness easily and without a big investment in specialized equipment. Anyone over 50, or for that matter anyone out of shape at any age, will find this book a wealth of information and a fast track to a healthier life.”

—Dennis V. Damp, Editor, *Federal Employee’s Retirement Planning Guide*

“*The Fit Traveler* is a complete package consisting of an elastic resistance band, instructions, black& white photos, illustrations for executing certain exercises, plus helpful hints to keep your program on track while traveling. The package is compact, takes up minimal space (fits in a suitcase) and therefore leaves little room for excuses.”

—Woodall's *Camper Ways*

“Don’t want to give up your workout while traveling? Two exercise buffs will help you with this new book.”

—Dan Vierria, *Sacramento Bee* (syndicated in the *Ventura County Star*)

“To keep in shape while traveling, take along *The Fit Traveler: Senior Edition*.”

—Kiplinger’s *Retirement Report*

“If you’re searching for a fun and easy way to workout while on the road, definitely invest in a copy.”

~ Kimberly Button, *BellaOnline.com*

“*The Fit Traveler: Senior Edition*...is an easy to read book with photographs and visual aids that takes exercise out of the realm of ‘no pain, no gain’ and turns it into a way to get the blood circulating without experiencing the dizzying exhaustion.”

—Sue Lynn, *Entertainment News & Views*

“Finally, a practical, fully-illustrated guide to using lightweight, elastic resistance bands for a dynamic, efficient, full-body workout—any time, any place. The program and kit are specially created for the senior traveler who wants a convenient, effective workout without leaving the safety and privacy of their hotel room.”

—Jim Barnes, *Independent Publisher Magazine*

“Taking a cruise is a satisfying way to beat workaday malaise. How perfect if you can turn over a new leaf at the same time by quitting smoking or shedding a few pounds. ‘Fitness cruises are good for the body both inside and out,’ says Kari Eide, author of *The Fit Traveler: Senior Edition*.”

—Janet Groene, *St. Petersburg Times*

“When you’re a frequent traveler, your workouts sometimes suffer. Between business meetings, airports and sightseeing, your day is pretty much spent—and finding time to exercise is tough. Well, now it doesn’t have to be. Now, you can take your workouts with you...pick it up on your way to the airport.”

—*Best Body magazine*

“Have Ticket, Will Travel. Go armed with all the tools you need for long- and short-haul fitness including *The Fit Traveler*.”

—*Oxygen magazine*

“Gear we love: *The Fit Traveler*. Comes with a resistance band for anywhere-sculpting,, plus a 30- minute total-body workout with 20 illustrated exercises. It also includes diet tips for travelers and a section to log your workouts and goals.”

—*Fitness magazine*

“*The Fit Traveler* impressed me....it includes easy instructions,more than 50 photos and descriptive pictures on using the band to target the muscles of the upper and lower body....I’ve already got *The Fit Traveler* packed for my next trip.”

—*www.goworldtravel.com*

“...a workout in a book that puts a latex exercise band to such good use that it’s worth using at home, too.”

—*Christine Delsol, San Francisco Chronicle*

If traveling (for work or play) is near the top of your list of excuses for skipping the gym, it’s time to cross it out. Take your workout with you. *The Fit Traveler* is a compact, lightweight book that easily fits neatly into a purse or suitcase....No more excuses.”

—*www.thetipjar.com*

“Targeted to leisure/business travelers who want to be able to exercise when traveling. Offers a complete full-body workout that can be done in the privacy and safety of the hotel room.”

—*The Ad-Delite*, Strum, WI

“Bad crash, injury inspire fit mom to write *The Fit Traveler*.”

—*Mike Roberts, Village Life*, El Dorado Hills, CA

Also coverage at *TravelVideo.TV* and *womanmotorist.com* and in a feature article in the *Washington Post*