

The Fit Traveler: Senior Edition

Author: Kari Eide and Lissa Mueller

ISBN 10: 1929170254

ISBN 13: 9781929170258

Price: US\$17.95 Page count: 52 plus free exercise stretch band

Binding: Hardcover

Trade distributor: Biblio/NBN Distribution

Retail distributor: The Fitness Boutique, www.thefitnessboutique.com

Publicity contact: Robert Brekke, marketing@publishersdesign.com

Publicity agency: KSB Promotions, 800-304-3269 • kate@ksbpromotions.com

Questions Kari and Lissa are frequently asked:

1. What gave you the idea that travelers needed a special fitness routine?
2. Why don't people just use the fitness facility at the hotel they are staying at?
3. How is your program better/different than other fitness options?
4. Your program is based on using resistance bands. What makes these bands so good?
5. Can anyone do the exercises detailed in your books? Women? Men? Mature adults?
6. What if you have a back problem or other physical restrictions?
7. How long does it take to complete the suggested workout routine? How many different exercises are there?
8. How much space do you need to complete the workout routine?
9. Are the exercises easy to follow? Are they adaptable to different fitness levels?
10. Can you only use this program when you travel?
11. What advice do you give people whose travel schedules are so packed they don't think they can fit in exercise?
12. A lot of people want to relax and indulge themselves food-wise while traveling. Is it possible to do that and still stay fit?