

# **The Athletic-Minded Traveler: Where To Work Out And Stay When Fitness Is A Priority By Jim Kaese**

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## **Have body, will travel – experience life**

The ironic part is, exercise and healthy eating can go a long way toward making . The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a

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The Athletic-Minded Traveler : Where to Work Out and Stay When Fitness Is a Priority (2nd) [Paperback]. by Kaese, Jim N.B. While every attempt has been made to ensure stock availability, occasionally we do run out of stock at our stores.

## **Sports health - health worldnet**

Staying healthy while trying to stay fit is no easy task. As an athletic-minded traveler, I know first hand how difficult it can be to find to bringing you no nonsense information on weight loss, fitness, weight training, sports, and medicine practices, with the athlete's health and well-being as the priority.

## **Fitness-focused hotels, travel tips article | inc.com**

If you're one of the millions of travelers who pack the gym shoes and exercise clothes before . best-selling book, The Athletic-Minded',ç Traveler: Where to Work Out and Stay When Fitness is a Priority (www.socalpress.com).

## **Blog - page 2 of 11 - fitt cleveland**

The TownHall Fitness Pass Lets You Sample Some of The Best Sweat Spots in CLE. by Layne Adams. Posted in Workout Spots When summer rolls around, working out slides down our list of priorities. image via athletic minded traveler.

## **Top 10 books on ace's recommended reading list - ace fitness**

The Athletic Minded Traveler: Where to Work Out and Stay when Fitness is a Priority (2004). This book is an excellent planning tool, whether you're putting

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## **Time out: healthy ways to treat yourself | rochester business journal**

The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority (SoCal Publishing, 2004, \$18.95) was born out of

## **How to keep fit while traveling even on a romantic getaway - vista**

Author of The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority, Jim visited America's top 78 travel destinations to find

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View Jim Kaese's professional profile on LinkedIn. The Athletic-Minded Traveler: Where to Stay and Work Out When Fitness is a Priority

## **Wellness retreats: how to turn your vacation into one | greatist**

You start out hopeful: I'll finally have the time to work out like I've always wanted to; Sure, there are plenty of pre-planned fitness and wellness retreats out there to hotels, resorts, and even airlines are all catering to healthy-minded travelers. around on, and Priority bikes supplies fleets to a variety of hotels and resorts.

### **Health-minded boomers stay fit -- even on the road - tribunedigital**

As benefits have become known, health-minded boomers have increased activity levels ``The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority," \$18.95, by Jim Kaese and Paul Huddle, is a

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FOR MANY TRAVELERS, it's a chore to maintain a healthy and athletic The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority.

### **Hotel gyms get fitter - advantage fitness products**

In the before picture, we see a wimpy gym housed in a claustrophobic, the unique challenges facing fitness-minded travelers, such as remembering to bring their the industry has learned that travelers place a high priority on fitness centers and With the new Stay Fit@24/7 Hyatt gyms, available at properties in North

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### **Fitness anywhere - my little swans**

Fitness Anywhere Too much alcohol, salt, sugar and just plain lack of exercise can throw even the healthiest body into disarray. The number one question I get from my clients is, how do I stay healthy on Your Body is a Temple – Make your Health a Priority You can also consult the Athletic Minded Traveler website.

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### **Hotel gyms get fitter: most properties see modern facilities as a**

Trends in hotel fitness centers. But now hotels are trying to make it a priority. services to address the unique challenges facing fitness-minded travelers, such of exercise facilities: More than 25 percent of 405 business travelers said arrangement with Adidas, available to its frequent-stay members.

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### **Fitness on the fly - forbes**

But for travelers who make regular exercise a priority while at home, missing a You're likely drinking more and you're staying out later than you Packing correctly is also an essential part of channeling your inner athlete on the road. able-minded, which is what every frequent flier, business traveler or

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### **On vacation with athletic-minded traveler's jim kaese**

Jim and Erin Kaese are a fitness-focused duo to be reckoned with. experts when it comes to keeping physical exercise a priority on the road. What do you recommend as a quick, effective workout for people who want to stay active, but

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### **Fitness to go: harley pasternak, 5-factor fitness. the diet and fitness**

Harley Pasternak thinks you can stay fit on 25 minutes per day and he backs Still, I think Pasternak's program is a great supplement to gym-based fitness disciplines. Fitness on the road is the holy grail of many business travelers and there Mind the subtitle: Jim Kaese, The Athletic-Minded Traveler.

### **12 fitness-friendly hotel chains - usa today**

While fitness centers are nice, some hotels are pulling out all the stops to listened to the demands of fitness-minded travelers -- 53% of road warriors say leave your workout clothes at home if you're staying at certain of our cardio, core fusion sports and core fusion yoga in the spa's fitness studios.

### **The athletic-minded traveler - kaese, jim/ huddle, paul**

The Athletic Minded Traveler: Where To Work Out And Stay When Fitness Is A The Athletic-Minded Traveler takes the guesswork out of exercising on the road.

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### **Hotels have pumped up their fitness centers – twin cities**

The Sheraton New York's gym is full of high-tech equipment. But now hotels are trying to make it a priority. With the new Stay Fit@24/7 Hyatt gyms, available at properties in North co-founder of the Athletic-Minded Traveler, an online travel and fitness Web site that includes reviews of hotel gyms.

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Jim Kaese, Founder and Editor-in-Chief of The Athletic-Minded Traveler Where to Work Out and Stay When Fitness is a Priority and spearheaded the site

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