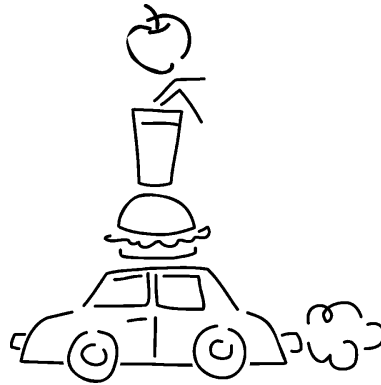


## Chapter 1



## Fueling the Engine

### In This Chapter:

- ▶ Start Your Engines
- ▶ Defensive Dining on the Road
- ▶ Meals on Wheels - healthy, packable foods
- ▶ *Dr. Jo's Eat Out & Lose Weight Plan*

Every engine needs the proper mix of high-octane fuel, fluids, and additives to run at peak performance and our bodies are no different. Unfortunately, we are more likely to obey our cars' recommended maintenance schedule than we are to follow general healthy eating guidelines – and it shows. According to the Centers for Disease Control and Prevention, more than two-thirds of American adults are overweight or obese. Topping off the fuel tank seems to be even more prevalent among travelers since we eat out more often. In addition, we're more likely to veer off our regular eating schedule and indulge in fewer nutrition-packed foods. No wonder we grow "spare tires" and feel sluggish when we spend too much time on the road. But have no fear, it's easy to eat healthy (and not feel deprived) when we follow a few guidelines.

### **Start Your Engines**

► **Fill Up Regularly.** It takes roughly five hours to digest a meal and absorb the nutrients. If we eat more than we need during the five-hour period, the extra calories go into our “holding tanks.” Some of us eat just once or twice a day and expect those holding tanks to provide the energy we need throughout the rest of the day. Although a small amount of energy is stored in our liver and muscles (in the form of glycogen), which can be released quite easily, most of the energy reserved in our holding tanks is fat! And if fat cells could be broken down easily to provide us with energy we’d all be lean! Stop filling up your holding tank. Instead, eat regularly throughout the day. Sure you can still skimp at one meal when you know the next meal might be a bit heavier, but don’t cut out the meal entirely!

- **Jump-start your engine.** Why do you think the first meal of the day is called “break-fast”? Because it literally breaks the evening’s fast. Breakfast gives us the energy we need to perform at our best and helps to jump-start our metabolism. Have you ever skipped breakfast so you could enjoy the calories later in the day? Sounds like a good idea. However, it doesn’t work. Breakfast eaters (because of the boost in the metabolism it causes) tend to be leaner than those who skip. In weight-loss studies, breakfast skippers who began eating breakfast lost more weight than those who continued to skip.
- **Add fuel every five waking hours.** Skipping meals or delaying a meal tends to lead to overeating at the next meal. Remember that holding tank?

**In chapter 1 you’ll also find:**

- **what constitutes a healthy diet**
- **recommendations on how to eat healthy in all types of restaurant (fast food, Italian, Chinese, Mexican...)**

**In addition, at the end of chapter 1, you'll find meal suggestions at all three meals for three different calorie levels (300-400 calories, 500-600 calories, and 700-800 calories). Here are some examples:**

► **Regular Breakfast Fuel (300-400 calories):**

- Breakfast Sandwich & More**
  - 1% milk (1 c.), juice (½ c.), or fresh/canned fruit (½ c.)
  - One of the following smaller breakfast sandwiches:
    - \*Arby's® Ham & Cheese Croissant
    - \*Burger King® CROISSAN'WICH® w/Egg & Cheese
    - \*Jack in the Box® Breakfast Jack
    - \*Krystal® Sunriser
    - McDonald's® Egg McMuffin®
    - Subway® Ham & Egg on Deli Round or Wrap
  
- Eggs & Muffin**
  - Egg (1, prepared as desired), English muffin (1) w/2 tsp. jelly or jam, and juice (½ c.)
  - Eggbeaters® (2, prepared w/nonstick spray), Canadian bacon (1 slice) and lightly buttered wheat toast (1)
  
- Pancakes:** 4" pancakes (2, "no butter on top") with:
  - 2 Tbsp. syrup and juice (½ c.) or fresh/canned fruit (½ c.)
  
- Baked Goods.** Here are some ideas:
  - \* Plain Croissant (med.) w/jelly/ jam (2 tsp.)
  - \*Cake Doughnut (such as Dunkin' Donuts® original)
  - Muffin (½ large such as from Panera® or Dunkin' Donuts®)
  - Yeast Doughnut (i.e. Dunkin' Donuts® glazed), 1% milk (1 c.)
  
- Breakfast Drink** such as:
  - Dunkin' Donuts® 16 oz. Wildberry Fruit Smoothie
  - Smoothie King® 20 oz. Angel Food or Light & Fluffy
  - Starbucks Frappuccino® Blended Coffee (grande) prepared with nonfat milk and no whip

\* Higher fat meals containing more than 30% of the calories from fat

## Chapter 2



### *Getting Your Body in Shape*

**In This Chapter:**

- ▶ Exercise Essentials: what, when and how
- ▶ Fun Ways to Fit Exercise Into a Busy Day
- ▶ *Dr. Jo's Hotel Room Workout*

If your car is involved in an accident, either it's repaired in the shop or, if it's totaled, you get a new car. When your body is in need of repair, fixing it is not quite that simple. It is the only body you'll ever get, so it's imperative to keep it in shape. But exercise isn't just for maintaining the outside in good physical shape, it keeps us healthy on the inside as well.

Did you know the American Heart Association (1992) identified inactivity as a risk factor for heart disease – the number one killer? Research, published in the March 2002 *New England Journal of Medicine*, found poor physical fitness was a better predictor of death than other risk factors, including smoking, hypertension, and heart disease. In addition to being good for our hearts, exercise helps to control blood glucose, maintain respiratory fitness, improve bone strength, reduce depression, and allow better sleep. According to research published in the *Journal of Personality and Social Psychology* (November 1994), exercise was found to be the “most ef

**Chapter 2 includes tips on  
- fitting in fitness on the road. Here's one  
recommendation:**

- **American Volkssport Association (AVA).** (ava.org, 210-659-2112). A nonprofit national organization dedicated to promoting the benefits of health and physical fitness for people of all ages. Events are open to everyone, but annual membership (including bimonthly newsletter) is \$20 per individual or \$25 for a family. AVA sponsors organized weekend walks (usually 5K-20K). In addition, local groups maintain over 1000 walks to do whenever you want. Details are in its book *Starting Point: AVA's Guide to 1272 Trails in America* (2006 edition, \$15), which describes where to pick up local maps and details of where to walk. Call 800-830-WALK to hear about walking, biking, and swimming events in every state.

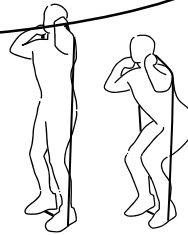
**- fitness rooms near the airport such as  
these:**

**Atlanta (Hartsfield-Atlanta Int'l)** – Olympus Gym (404-684-1188, 1001 Virginia Ave., Hapeville 30354, \$5). Small gym, 2 miles away.

**Baltimore/Washington Int'l** – 1. Gold's Gym (410-789-4653, 6324 Ritchie Hwy. Glen Burnie, MD. 21061, \$10). 5 miles away.  
2. BWI 12.5-mile scenic trail circles the airport.

**- Plus, Dr Jo's Hotel Room workout including  
this strength exercise:**

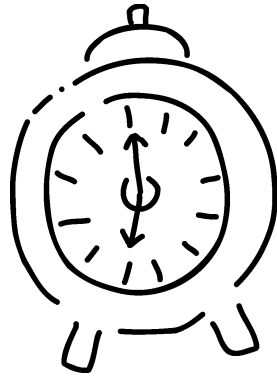
1. **Squats** – anchor tube under both feet (about shoulder width apart). Hold handles at shoulders, elbows open with tubing behind body. Sit back slowly until knees are approximately parallel to the floor. Make sure that your knees do not go over your toes.



Start

Finish

## Chapter 3



### *Setting the Snooze Control*

#### **In This Chapter:**

- ▶ Are You Getting Enough Sleep?
- ▶ Tips to Help You Get Your Zzzzzs
- ▶ *Dr. Jo's D.R.E.A.M. Formula*
- ▶ Recharge Your Batteries With a Power Nap

In today's fast-paced business environment, the expression "if you snooze, you lose" is often valid. But if you take the expression literally and forfeit the sleep you need, you risk losing even more. Sleep deprivation can kill. The U.S. National Highway Traffic Safety Administration estimates that 100,000 police-reported crashes each year involve drowsiness or fatigue as a principal causal factor. There are even some preliminary studies to suggest that long-term sleep debt could play a role in diabetes, obesity, breast cancer, and a weakened immune system resulting in more colds and other infections.

Not getting enough sleep can also affect your mood. According to the National Sleep Foundation, those getting less than six hours of sleep on weekdays are more likely to feel tired, sad, stressed, or angry. Last, sleep deprivation results in irritability, lack of concentration, impaired memory, poor judgment, and more fatigue-related errors. According to a 2001 article in the Baltimore Sun, former President Clinton was quoted as having said, "Every important mistake I've made in my life, I've made because I was tired."

## Chapter 4



### *Fine-Tuning Your Engine*

#### **In This Chapter:**

- ▶ Common Traveler's Ailments – including jet lag, motion sickness, & traveler's diarrhea
- ▶ *Dr. Jo's Prescription for Keeping Your Energy Up All Day Long*

Being sick at home is no fun, but getting sick on the road can be a nightmare. While proper maintenance will help to prevent most breakdowns, if you travel a lot you'll eventually get sick. Here are a few tools to help you survive the journey.

#### **Common Traveler's Ailments**

- ▶ **Ear Pain.** The air pressure of the cabin can make it difficult to equalize the pressure behind your middle ear causing pain. What to do?
  - **Unstuff your nose.** It's best to avoid flying if you have a cold or severe allergies. If you must fly, check with your doctor. He will probably recommend an antihistamine and/or decongestant medication plus a decongestant nasal spray to be used just before takeoffs and landings. Keep in mind that decongestant nasal sprays can be addictive when used more than a couple of days consecutively. A more natural method is to rub eucalyptus oil on your hands and cup them over your nose to open up your sinuses on takeoffs and landings.

## Chapter 5



### *Putting the Brakes on Stress*

#### **In This Chapter:**

- ▶ Do a Pre-Trip Inspection
- ▶ Heed the Warning Lights - including *Dr. Jo's Quick Tips to Stop Overheating*
- ▶ Avoid the Bumps Along the Way
- ▶ Enjoy the Ride

Most of us run on “automatic” in that our daily actions and reactions are somewhat predictable. We take our showers on automatic, get dressed by putting the same leg first into our pants, and somehow get home safely even though we don’t always remember the drive. So, in many ways, running on automatic makes our lives easier.

But running on automatic is not healthy if your usual actions and reactions are stressing you out. While there will always be flight delays, road construction, overbearing people, and more work than there is time, these situations, by themselves, don’t cause the stress. Don’t believe me? The next time you’re in a situation that you define as stressful, look around. Chances are, you’ll see people who appear perfectly calm. Surely, you’ve had the opportunity to comment to another person who heard exactly what you heard or who is stuck in the same situation something like, “Can you believe that? Isn’t it just awful?” Although I can always find someone to commiserate with me, invariably there’s at least one person who says,

**Plus much, much, more....**