

roadwarrior

Fight the battle of the bulge and stay fit during your travels

If you travel frequently, you may find your weight shooting up as fast as your frequent flier mileage. Traveling wreaks havoc with your exercise routine and diet. It takes a considerable amount of detective work to make healthy food choices and maintain a semblance of a workout when you are on the road.

In his new book *The Traveler's Diet: Eating Right and Staying Fit on the Road* (Villard, \$14.95), Today Show travel correspondent Peter Greenberg offers tips and suggestions for eating right in airports and hotels and for finding ways to give your body a respite from cramped airline seats and rear-end numbing meetings.

Greenberg offers these tips:

- Avoid in-room temptation by refusing the minibar key.
- Upon arrival, find out where the exercise room is and go there before you get sidetracked.
- Don't use hotel scales. "They lie like a rug," which can bring despair or false optimism.
- Don't leave home without bottled water. The small bottles are easiest to carry.

Airports themselves are a minefield of poor food choices, with potentially explosive menu items disguised as heart-friendly or low-carb alternatives. Order a salad, but get the dressing on the side. Pouring a whole serving on the salad can add enough fat to make it no better than a double cheeseburger.

Pass on the fried-in-oil french fries in every case. Most fast food chains in food courts use hydrogenated oils, which are full of trans fats (one order of large fries hits the recommended daily limit of 6–8 grams). Instead, ask for baked fries or oven-baked sweet potato fries.

If you're riding in first class, chances are you still receive a meal. Bad news is, it may be a sandwich laden with mayonnaise. Greenberg recommends bringing apples and bottled water to eat instead.

Investigate exercise options at your hotels. Hilton and Ritz-Carlton hotels will deliver a treadmill or exercise bike to your room. Westin Hotels and Resorts have equipped select rooms with a treadmill or bike; weights; and core training gear for an additional fee.

It takes a little bit of warrior discipline to avoid the easy temptation to down the box of M&M's from the minibar while channel surfing on the hotel TV. But opting for exercise and a healthy snack will leave you feeling like a winner in the long run.

In its latest airport food survey, the Physicians Committee for Responsible Medicine examined eateries in 22 U.S. airports. Each restaurant serving at least one low-fat, high-fiber, cholesterol-free vegetarian entrée got a point; that score was divided into the total number of eateries in the facility to get a percentage of places with healthy items.

Scores have risen since the nonprofit group started the annual survey in 2000, following a general restaurant trend toward offering healthier selections, a spokesman for the group says.

Top 5 airports:	Chicago O'Hare:	92%
	Detroit Met:	89%
	San Francisco:	88%
	New York's JFK:	83%
	Dallas/Fort Worth:	81%
Bottom 5 airports:	Grand Rapids:	63%
	Cincinnati:	50%
	Richmond:	50%
	Houston Bush:	46%
	Las Vegas:	42%

