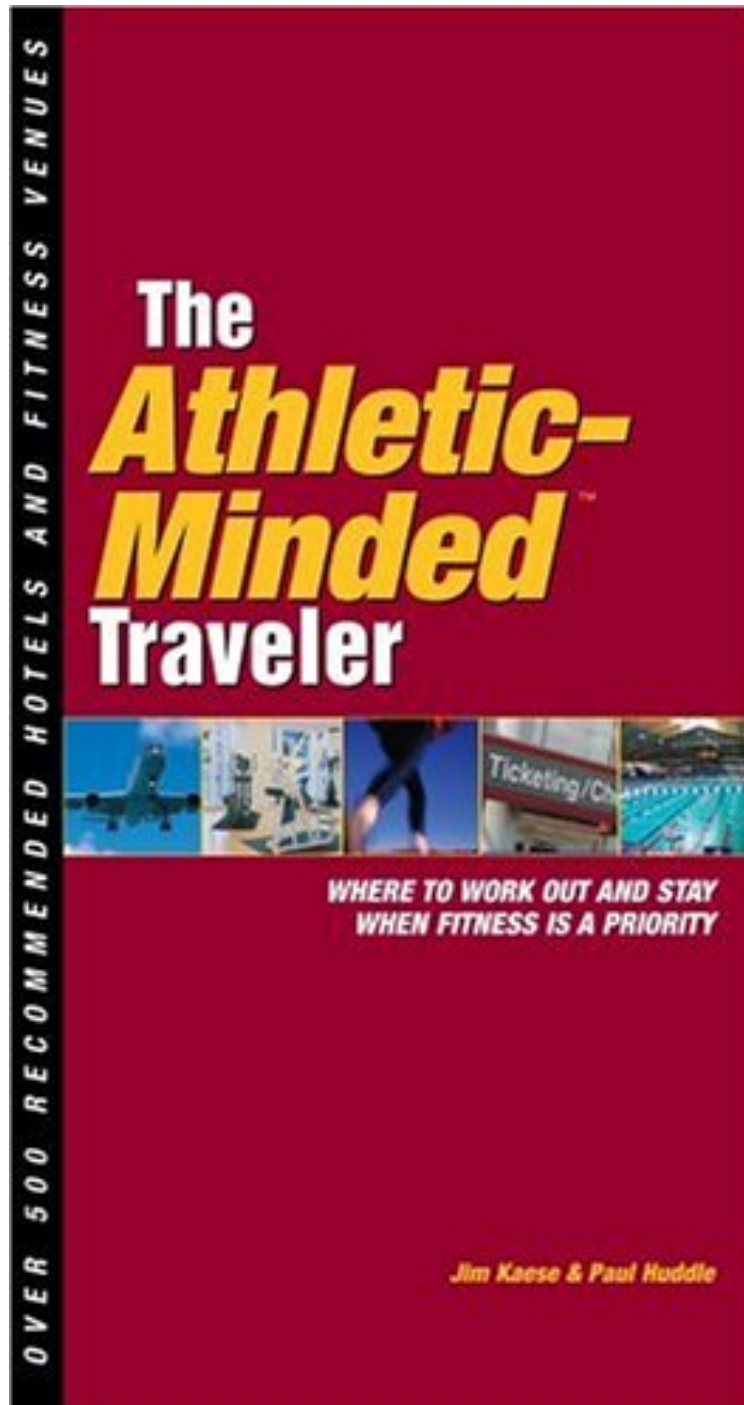


# The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority

*Jim Kaese*

*\*Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

**Jim Kaese : The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority** before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority*:

2 of 2 people found the following review helpful. Mind the subtitle  
By David A. Baer  
Jim Kaese and Paul Huddle have given us a reference work, not a discussion of what it means to be an athletic-minded traveler nor how to become athletic minded if you are a traveler doubling as a couch potato. Mind the subtitle: 'Where to work out and stay when fitness is a priority.' If a reference book for your or your travel agent is what you need, this is your book. If you want to figure out how to maintain some level of fitness in an ever-changing travel environment that seems to mock the very thought of it, this is not your book. Those books do exist (see my other reviews) and you'd be wise to buy one of them. The book under review here is organized by major U.S. metropolitan areas. Since airport fitness facilities are still not widely available, the writers have to presume you're willing to part company with two taxi fares for many of the venues. Things get a little better on the hotel side, where noticeable improvement in most major hotel chains now makes it possible to get a workout without falling down the steps, where you are fortunate to be found within the week. Bottom line: the book delivers what the subtitle promises.  
1 of 1 people found the following review helpful. Only way to travel and stay fit  
By Traveling Yogi  
I still use this book even though it is several years old. It's a nice reference. But what really helps me out when I travel is the web portal this same company created. [...] covers way more places than the book ever could. And there are running route maps, loads of pictures of the work out places, and even yoga studios. The online resource also recommends places to eat for every destination. And there is a good mix of places (cafes, business meeting type places, vegetarian, diners, even markets that have prepared food). So if you like having a "book" in hand, this one still works, but if you need a lot more cities (Europe, Canada) and pictures, and places to eat and other stuff, also check out the online version.  
1 of 1 people found the following review helpful. a useful book, wish there were a more current edition  
By SARAH Ball  
This book is valuable to those of us who travel a lot and care about finding good exercise facilities. It is no longer current--a new edition would be nice--and it leaves out some details such as whether hotel fitness centers are open 24 hours or not, but it fills a need no other book does.

As a first-of-its-kind U.S. travel guide for those who enjoy a good sweat and a healthy lifestyle, *The Athletic-Minded Traveler* takes the guesswork out of exercising on the road. Recognizing that millions of travelers factor into their hotel choice the quality of an accommodation's workout options, this book recommends the most fitness-focused hotels in three price categories and the best fitness venues such as health clubs, YMCAs, lap pools and running routes, in 78 popular U.S. travel destinations. Because reliable and accurate information is not available online (all hotels claim to have "state of the art" fitness facilities) nor attainable by calling the hotels directly (staff is usually uninformed), the co-authors traveled the country for three months to personally tour over 1,100 hotels and fitness venues that made their first cut. The result is over 500 frank recommendations that give readers options for wonderful accommodations AND fantastic workout options. Sweat, pump iron, run, swim, 300+ thread count sheets, 24-hour room service...whatever the trip criteria, this book has it covered.

...it's easy to pack on pounds when you're on the road. That's what makes this book so valuable. -- *Men's Health*, December 2004  
Straightforward and concise, it handles everything but the workout. -- *Her Sports*, December 2004  
This Zagat-styled book lets you run away from old exercise equipment, with more than 500 reviews. -- *Newsweek Magazine*, December 20, 2004  
About the Author  
Jim Kaese is a successful entrepreneur and former practicing attorney who has contributed to media outlets such as *Inc.com*, *Triathlete* magazine and *Express Jet Airlines'* in-flight magazine. Jim also serves as a Co-Founder and Managing Member of *Athletic-Minded Traveler LLC*, which operates the largest healthy travel site on the internet. A former sponsored All-American triathlete, Jim's competitive racing gear is currently on sabbatical at his home in San Diego.