You are going to read an article about people who travel for their work. Six sentences have been removed from the article. Choose from the sentences A-G the one which fits each gap. There is one extra sentence which you do not need to use.

THE BUSINESS OF TRAVELLING

Timothy Duke looks at some of the problems business travellers face and find some solutions.

To many people, travelling on business sounds glamorous. The idea of jetting off to a foreign country, staying in a luxurious hotel and eating exotic food certainly has an appeal to those who find their working lives routine and boring. The health worries, discomfort sand stress tell a different story, however.

We have known for some time that flying through different time zones can cause jet lag. The effects of this vary from simply feeling tired to disorientation or interrupted sleep, sometimes lasting several days. More recent studies have highlighted links between flying and two potentially deadly conditions — increased blood pressure and deep vein thrombosis (DVT), which is thought to be caused by restricted movement, such as that experienced on a long-haul flight. **[1]** ____

But frequent flyers are not the only ones who have health concerns. People who take the train or drive long distances to meetings may still suffer from conditions such as DVT. **[2]** ___ This is your job and you don't want to be late, so any problems such as bad weather or delays are bound to increase your stress levels and we know that that is not healthy.

Another common problem is that, away from home, the business traveller may be forced to rely on less healthy food. While travelling, it's often much easier to buy sweets and snacks than it is to find healthier options such as fruit or a salad. **[3]** ___

Fiona Valentine, manager of Valentine Fitness Centre, knows how much business trips can spoil an otherwise healthy lifestyle. Fiona explains, "Many of our clients lose motivation after a trip. **[4]** ___ Then, when they return, it's hard for them to get back to a healthy routine."

But there is a ray of hope for the business traveller, Fiona continues, "We advise clients on the healthier options on hotel menus. One tactic is to choose the healthiest meal on offer and only eat half a portion. We also suggest buying fruit when you can —or packing some in your luggage. As for exercise, we strongly recommend walking as much as possible. **[5]** ___"

And let's not forget that it's nice to travel, even if it is for work. One businessman, Daniel Long, had some good ideas. "I avoid large hotel chains," he told me. "I find them to be pretty much the same everywhere. **[6]** ___ I would much rather be in a family-run guest house where I can meet local people. Whenever possible, I try to have a free day or two at the beginning or at the end, so I can really get to know the place. Then it's more like a holiday. It takes all the stress out of it."

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A. And when they reach their destination, many people also report a temptation to reward themselves with a big meal after their long journey.

B. They tell me that they find it impossible to stick to a diet or exercise programme when they're away from home.

C. When you think that some business people have to fly many times a year, it is easy to see how the risks could become serious.

D. You'd be surprised how many kilometres you can cover inside an airport terminal.

E. There are, however, many benefits of foreign travel for business people.

F. So I always try to find somewhere to stay which has a bit more character.

G. And it is well documented that even a short daily commute to work can raise blood pressure to worrying levels.

Source: *Improve your Skills. Reading for First (Macmillan)*

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