



Work Well Remotely:

healthy habits at home

Struggling to shut down after long hours?

Barely getting steps between your kitchen and desk?

Distractions & temptations can cause you to overwork & under-move, making it extra tough to gain success & balance with your remote work. Productivity, health, and focus don't have to be a constant fight of willpower. Get in the zone, with the right habits to stay active, and work effectively at home.

GET THE TOOLS TO TAKE CARE OF YOURSELF, AND DO YOUR BEST WORK - VIRTUALLY!

**“This class
opened my eyes”**

*Detailed advice that can boost
productivity & focus today!
Marcey outlined the science behind
her solutions and why & how they
can work for you. I will definitely be
signing up for future classes.”*

- Marsha Morales

Co-Founder, Humble House Foods, Inc.

LEARN HOW TO:

- ✓ **Set guardrails** to limit work interruptions & digital chatter
- ✓ **Increase energy** with movement breaks and timed focus boosters
- ✓ **Prepare your brain & body** before and after work

PLAY VIDEO



Marcey Rader - www.marceyrader.com

PERFECT FOR PEOPLE WHO:

- Work remotely
- Travel for business