

# HACK THE MOBILE LIFESTYLE

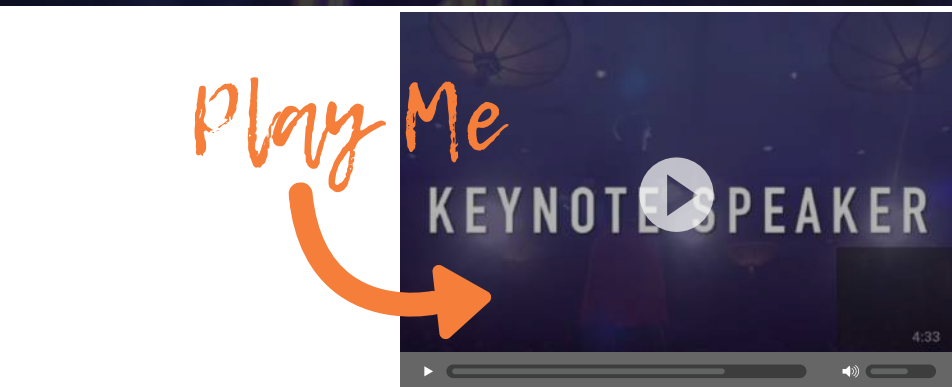
## Travel to Work Well and Play More!®

Healthy Travel, Productive Travel

Whether you travel or serve the traveler, learn ways to hack the mobile lifestyle without sacrificing health, productivity, and relationships while on the road.

TRAVEL DOESN'T HAVE TO BE AN EXCUSE FOR SETTING BACK YOUR HEALTH.

FORMAT: 45-60 MINUTE KEYNOTE OR UP TO 2-HOUR WORKSHOP.



- ✓ Create **movement opportunities** in airports, hotels, and even the car
- ✓ **Recharge for performance** with sleep and transition behaviors
- ✓ Learn the solution to the **#1 mistake** business travelers make when it comes to eating

**This program is perfect for:**

- Business Travelers
- Travel Managers
- The Hospitality Industry

*Outstanding! Very engaging, entertaining, and well-polished presentation that made people laugh. It kept the topic lighthearted but also emphasized the eventual repercussions if people don't change their bad travel habits. Good use of slides and offering gifts throughout kept everyone on their toes. I highly recommend this to all the other GBTA chapters or ANY company that wants to improve the health and reduce the stress of their road warriors. Great presentation and well worth the cost!*

- Kendra Gleason Texas Business Travel Association

Hack the Mobile Lifestyle