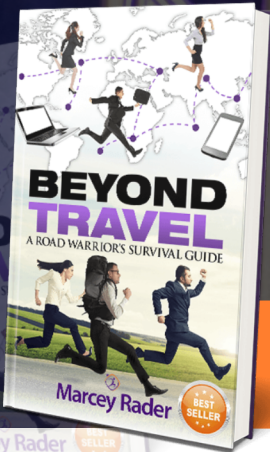


HACK THE MOBILE LIFESTYLE

Travel to Work Well and Play More!®

Healthy Travel, Productive Travel

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



GET THE BOOK!

Play Me

KEYNOTE SPEAKER

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 ANY company that wants to improve the health and reduce the stress of their road warriors.

- Kendra Gleason Texas Business Travel Association