

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

- ✓ 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. 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