

# HACK THE MOBILE LIFESTYLE

## TRAVEL HEALTHY TO WORK WELL AND PLAY MORE!

*When you pack your bags, do you leave your healthy habits behind?  
Do you load up on caffeine to counteract lack of routine and rest?*

Healthy travel has a new meaning now. Gyms are closed for workouts, hotel restaurants aren't always open, and the sheer anxiety of it all has you stressed out and anxious. The constantly changing environment for permissible and essential travel is challenging to navigate. Learn proven ways to keep the immune system in top shape to help you perform at your best.

**Travel doesn't have to be an excuse for poor health.**

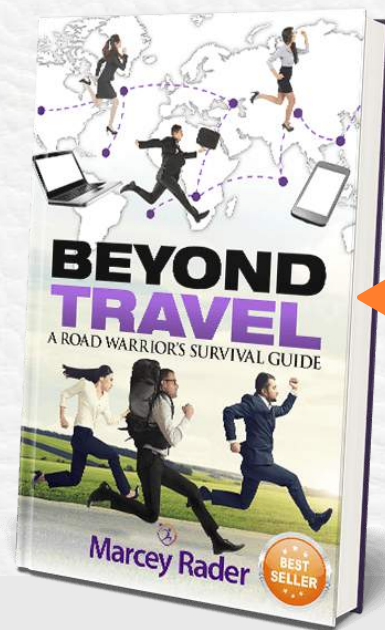
Outstanding! Very engaging, entertaining, and well-polished presentation that made people laugh. It kept the topic lighthearted but also emphasized the eventual repercussions if people don't change their bad travel habits. I highly recommend this to ANY company that wants to improve the health and reduce the stress of their road warriors.

**- Kendra Gleason**

Texas Business Travel Association

### FORMAT:

- Keynote, Workshop
- 45 to 90 minutes



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### LEARN HOW TO:

- ✓ Solve to the **#1 mistake** business travelers make **when it comes to eating**
- ✓ **Create movement opportunities** in airports, hotels, and even the car
- ✓ **Rest and restore** with calming rituals

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Business Travelers
- Travel Managers
- The Hospitality Industry

PLAY VIDEO

