

# surviving business travel

Mastering Meals, Movement, Sleep, and Sanity on the Road



*When you pack your bags, do you leave your healthy habits behind?  
When you arrive home, are you exhausted and need time to recover?  
Do you load up on caffeine and sugar to counteract lack of routine and rest?*

Healthy travel isn't an oxymoron. Even in a constantly challenging environment, you don't have to skip your workouts, eat your per diem, or stay up late on your hotel bed working. Learn proven ways to **keep the immune system in top shape** to help you **perform at your best** and not feel like you're running on the tarmac treadmill. **Travel doesn't have to be an excuse for poor health.**

**Business travel isn't part of your job. It's a lifestyle.®**

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:** Virtual or In-person

**length:** 45 - 90 minutes



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## LEARN HOW TO:

- ✓ Prevent the **#1 mistake** business travelers make **when it comes to eating**
- ✓ **Create movement opportunities** anytime, anywhere
- ✓ **Fall asleep and stay asleep** in a strange bed with strange noises

## THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Business Travelers
- Travel Managers
- The Hospitality Industry

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