

# work well remotely: healthy habits at home



*Working long hours and having a hard time shutting down?  
Barely getting steps in between your kitchen and desk?*

Working from home can be challenging, especially with distractions and temptations to **overwork and under-move**. Being productive, healthy, and focused doesn't have to be a **fight against willpower**. You can get into the **focus zone, keep your body moving, and work effectively at home** with the proper habits.

**Get the power-ups to find more balance, take care of yourself, and do your best work - virtually!**

**“I got a LOT out of this course”**

*I expected this to be preachy or cliché, but I got a LOT out of this course that I will use regularly.*

**- Jay Voss**  
CFO, Sterling Cut Glass

## LEARN HOW TO:

- ✓ **Set guardrails** from work interruptions & digital chatter
- ✓ **Increase energy** with movement breaks and timed focus boosters
- ✓ **Prepare your brain & body** before & after your workday

PLAY VIDEO



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## PERFECT FOR PEOPLE WHO:

- Work remotely
- Travel for business