

INTRODUCTION OF MARCEY RADER



Wanna travel for business without packing on the pounds?

Need to wake up in your hotel bed feeling rested?

Ready to learn how movement opportunities improve your performance?

Productivity and Health Expert, **Marcey Rader**, is here to give us a swift kick in the energy with actionable advice and real-world wisdom earned over 15 years of high-intensity, high-travel corporate life and now as the founder of the Work Well Play More Institute.

Marcey is the author of two books on travel including the #1 Amazon bestseller, **Beyond Travel: A Road Warrior's Survival Guide** and is the creator of the **Work Well Play More Health and Productivity for High Achievers** online course.

She's a regular guest contributor to a whole bunch of media outlets including *Money Inc*, *Fast Company*, *Best Kept Self*, *Business Travel News*, *Shape*, and *Eating Well*.

Offstage, Marcey is married to Kevin, a professional drummer, and lives in Raleigh, NC where you can find her hoop dancing blindfolded in her backyard.

She is here today to speak about how to Hack the Mobile Lifestyle. Please join me in welcoming Marcey Rader.

