

ENERGY ESCALATORS


Health behaviors to amp up performance.





Marcey Rader

Do you need an energy boost?

Power up your productivity, creativity, and health by learning simple ways to improve performance, power, and alertness.

 **Eliminate glute amnesia** while increasing productivity, creativity, and collaboration

 Remove counterfeit energy and **improve decision-making**

 Sleep techniques to **optimize dream time** and **stress-relievers** that create transitions from work to home

*The concept of **Movement Opportunities** carried over from exercises into other areas. I used to **procrastinate** on projects because I felt like I needed to have a large chunk of time to work on them. Now, I **incorporate the theory of movement opportunities** even when working, knowing that even a little bit at a time counts. **Small things do have an impact and I no longer wait to do it all at once.***

- Clarissa Rainer

Park Scholar, NC State University

MEET MARCEY RADER



Marcey Rader: Not. Like. The Others. Sure, an accomplished corporate climber, entrepreneur, coach, and speaker. Yes, founder of **Marcey Rader Coaching, LLC** and the **Work Well. Play More!® Institute**.

Indeed, the best-selling author of two books – **Beyond Travel: A Road Warrior's Survival Guide** and **Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!** and creator of the **Work Well. Play More! Health and Productivity for High Achievers** online course. And yep – regularly featured in lifestyle and training media outlets

Marcey hearts healthy, balanced productivity. But more importantly, she's going to be in your corner backing you up as you reach your personal and professional greatness.



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