

HACK THE MOBILE LIFESTYLE


Travel to Work Well and Play More!®





Marcey Rader

Travel doesn't have to be an excuse for setting back your health.

Road Warrior and bestselling author of **Beyond Travel: A Road Warrior's Survival Guide** and **Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!®**, Marcey knows first-hand that business travel isn't part of your job, it's a lifestyle.®

 **Movement opportunities** in airports, hotels, and even the car

 Sleep and transition behaviors to **recharge for performance**

 Solutions to the **#1 mistake** business travelers make when it comes to eating

*Outstanding! **Very engaging, entertaining, and well-polished presentation** that made people laugh. It kept the topic light hearted but also **emphasized the eventual repercussions** if people don't change their bad travel habits. **Good use of slides and offering gifts throughout** kept everyone on their toes. **I highly recommend this to all the other GBTA chapters or ANY company that wants to improve the health and reduce the stress of their road warriors.** Great presentation and well worth the cost!*

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- Kendra Gleason

Texas Business Travel Association

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.



(484) 455 4122

marcey@workwellplaymore.com

workwellplaymore.com

www.marceyrader.com