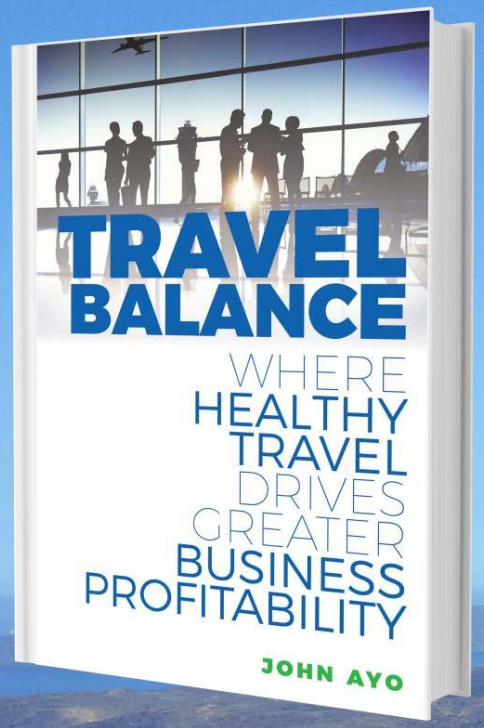
WELCOME!



From Travel Hell to Travel Well...

Top Secrets to Stay Energized, Healthy and Balanced When You Travel For Business!

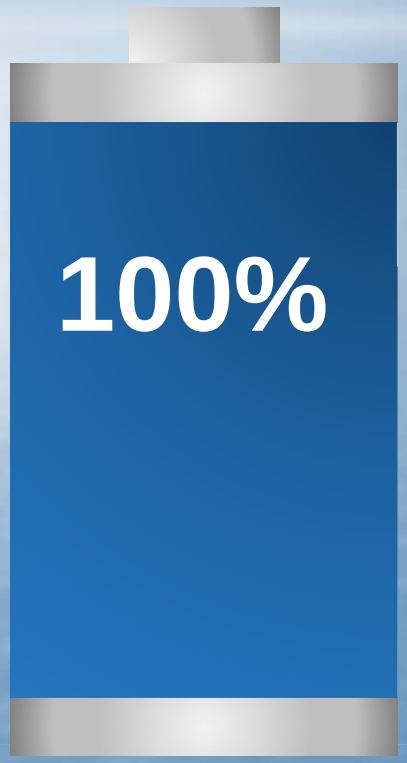
John Ayo
TravelBalance.net

Travel Balance®
Where Healthy Travel Drives Greater Business Profitability

Learning the Hard Way!

3+ Million Miles | 30+ Years | 26+ Countries

Financial Impact of Healthy Travel



Traveler Productivity

How might this 20% translate into business impact?

Quota of $1M ➔ $200K

Our journey today…

1. Getting to your destination in a healthy way
2. Optimize your experience
3. Maintaining the balance between good health and business profitability

Get There → Optimize → Balance

Getting to your destination in a healthy way

Get There → Optimize → Balance

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Planning ahead reduces stress

Preventive mindset

Get There → Optimize → Balance

Top Answers include…

1. Noise Cancelling Headphones
2. Bottled Water
3. Supplements

Get There → Optimize → Balance

Getting Through Security

Get There → Optimize → Balance

Optimize Your Experience

Get There → **Optimize** → Balance

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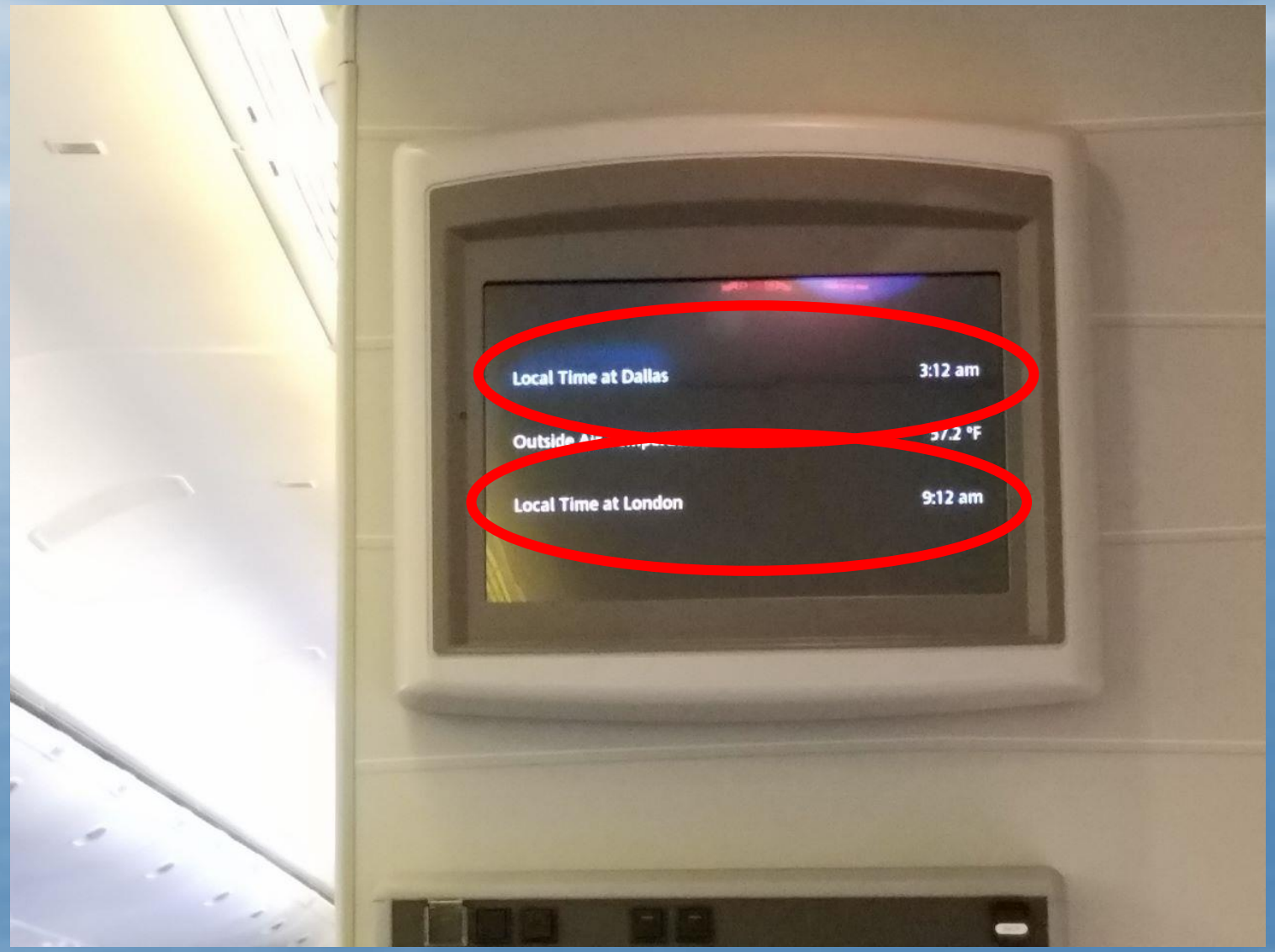
Get Local Quick



Get There → Optimize → Balance

Stay Awake Until 9:00 PM

Get There | Optimize | Balance

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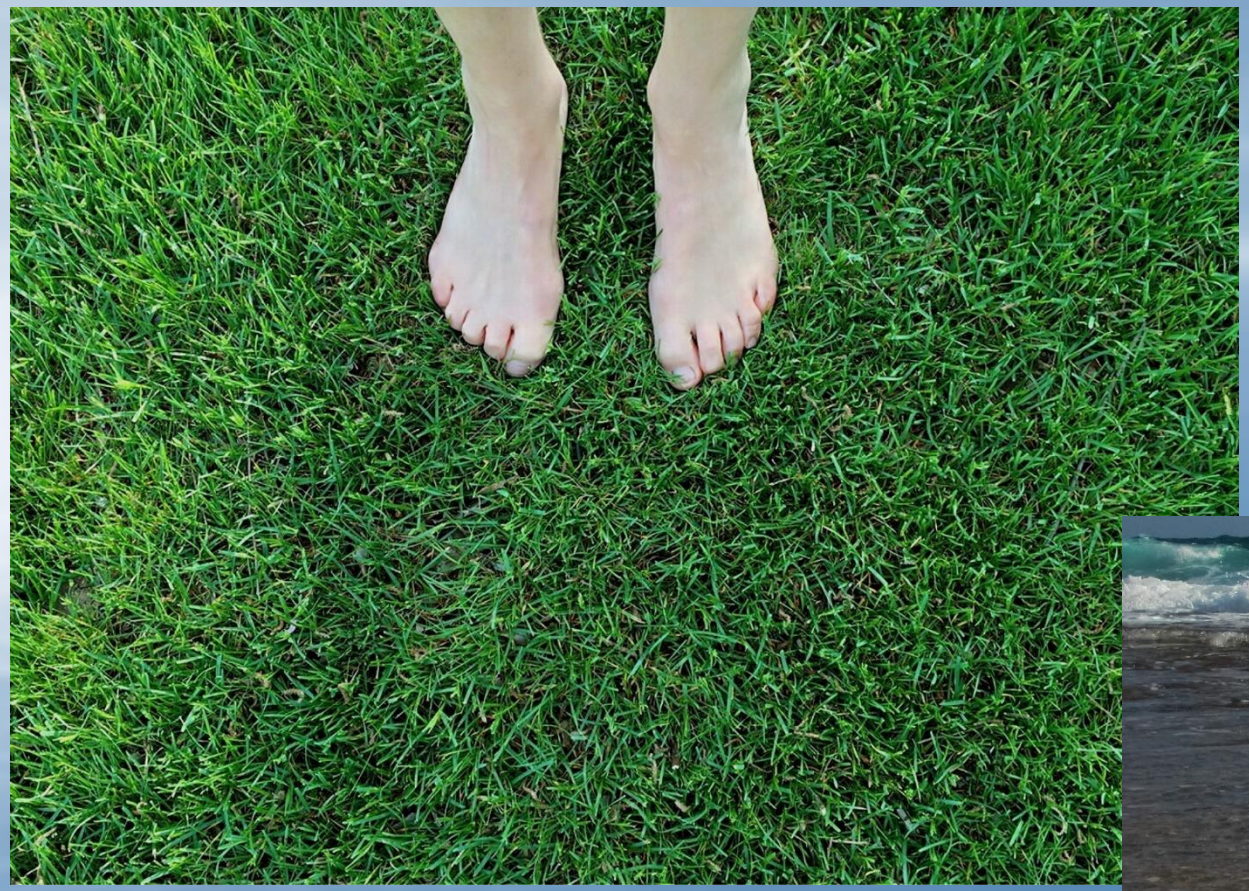
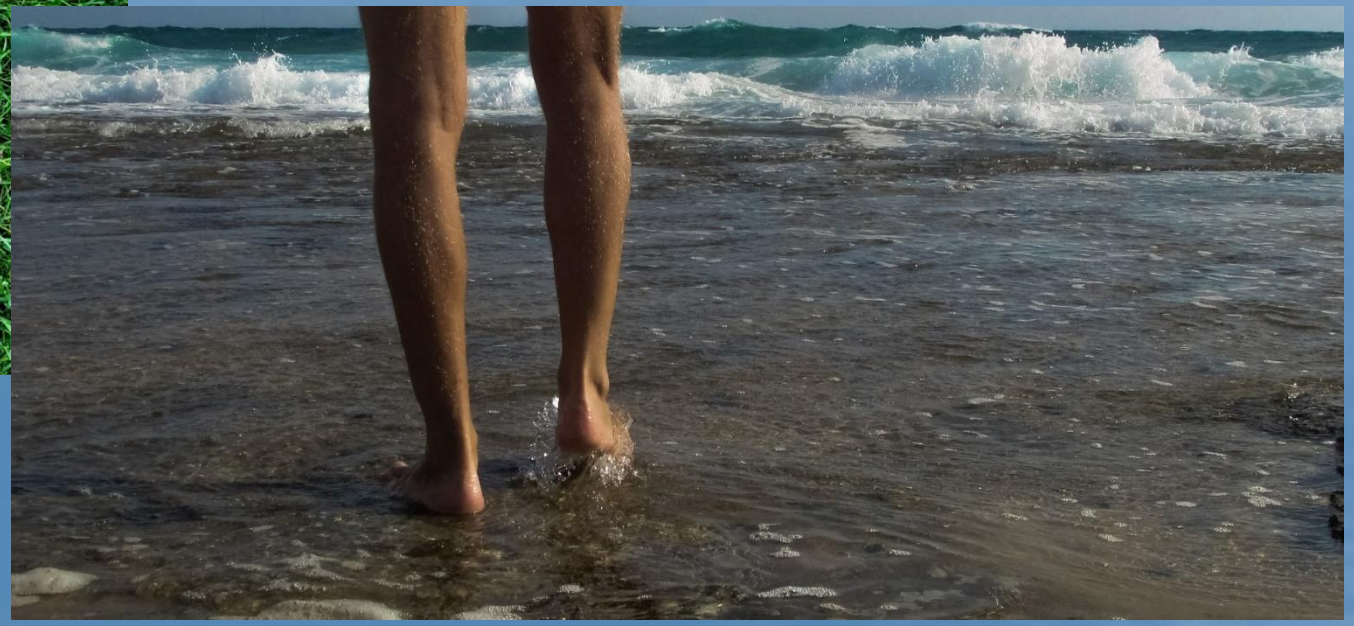
Even MORE Water!

Get There | Optimize | Balance

Earthing





Get There → Optimize → Balance

Sunlight

Get There → Optimize → Balance

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Check for Bed Bugs!

Get There | Optimize | Balance

Find Filtered Water

Get There → Optimize → Balance

Food Combining

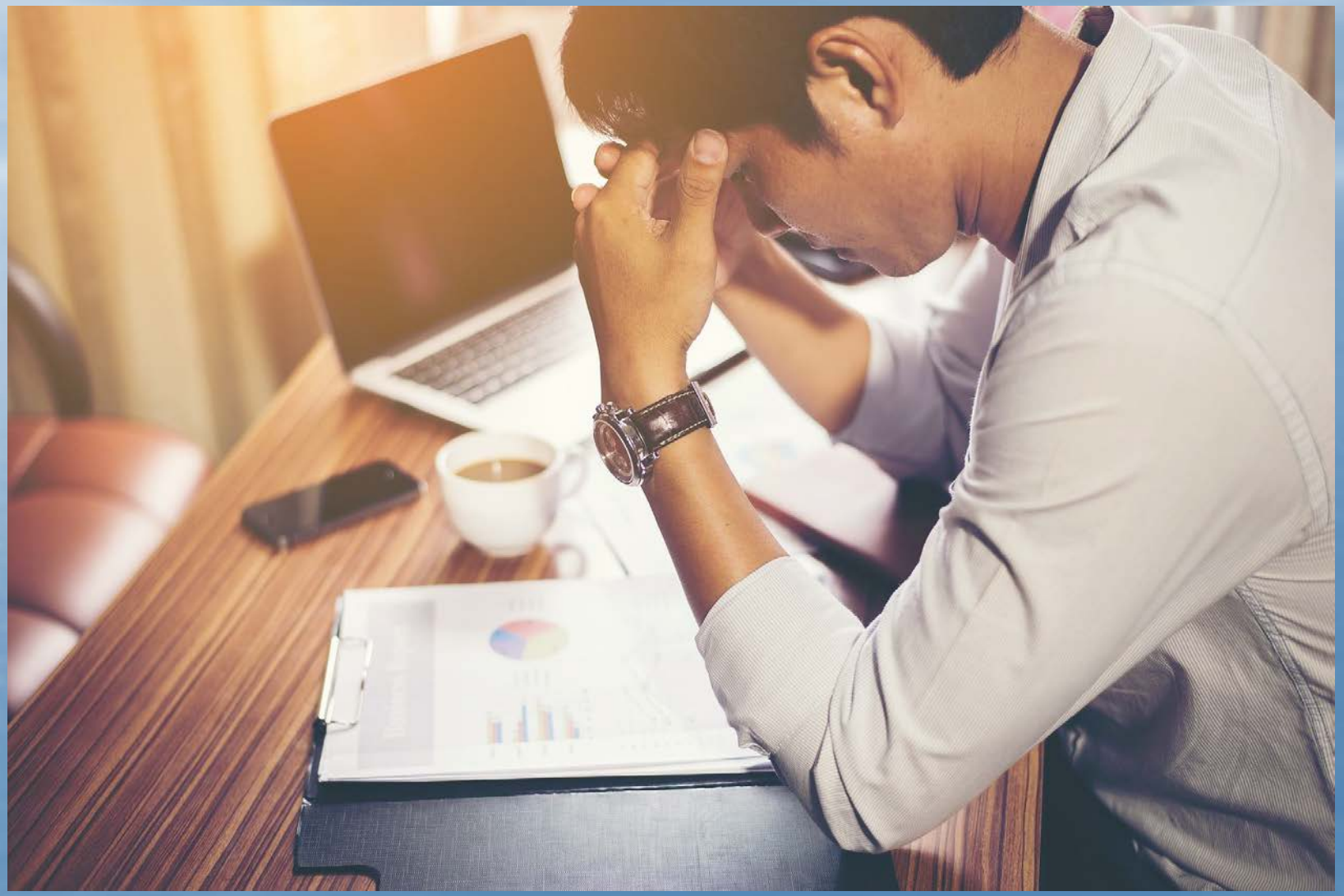
Get There | Optimize | Balance

Water before meals

Walking after Dinner

Get There | Optimize | Balance

Keys to Stay Well



Get There | Optimize | Balance

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Act Early!

Get There → Optimize → Balance

Critical

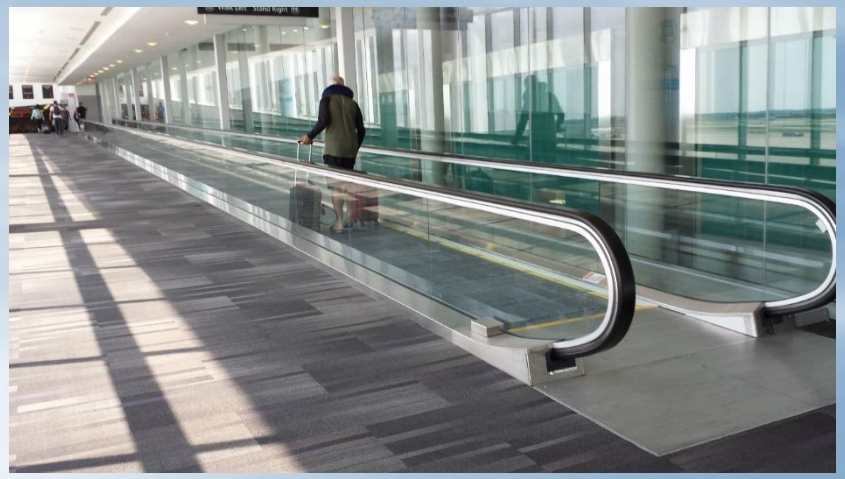
AVOID Sugar, Dairy and Wheat!

Get There → Optimize → Balance

Supplements or Herbal Tea

Get There | Optimize | Balance

Rest!



Get There → Optimize → Balance

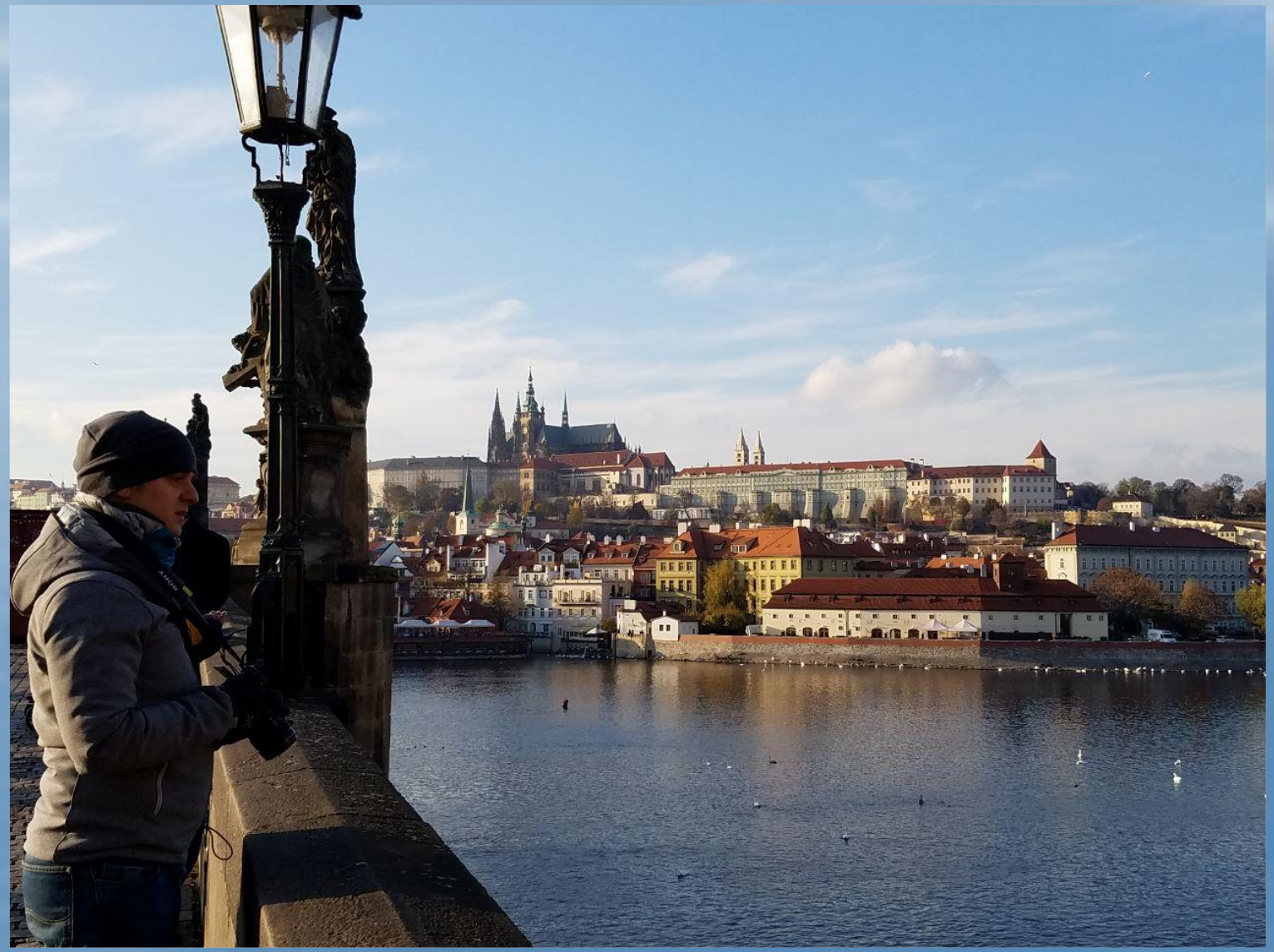
Maintaining the Balance

Get There → Optimize → Balance

Get Out of Your Room

Get There → Optimize → Balance

Get Out of Your Room



Get There → Optimize → Balance

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Summary

1. Getting to your destination in a healthy way
2. Optimize your experience
3. Maintaining the balance between good health and business profitability

Get There → Optimize → Balance

Action Items

1. Choose your favorite tip from today
2. Start doing it NOW before your next trip
3. Share with your team!

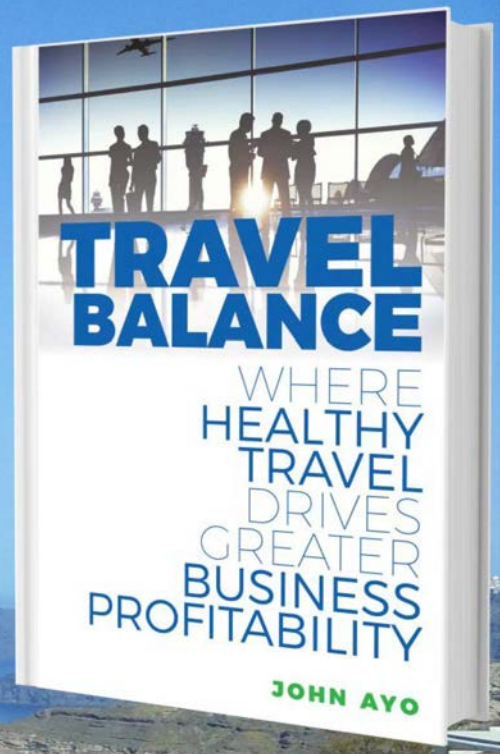
Get There > Optimize > Balance

Let's Connect!

- John@TravelBalance.net
- 469-573-4509

To get my interview with all Inside Secrets:

TravelBalance.net/TSAE



John Ayo