

Have you ever been sick on a business trip?

Has jet lag ever impacted your productivity?

Ever had a major digestive challenge when traveling that kept you from working?

How Can...

Travel Balance®

Where Healthy Travel Drives Greater Business Profitability

...Benefit your Business?

Author and speaker John Ayo, will show you how to stay healthy while traveling so you can perform at your best! Healthy travel means better productivity which leads to a greater ROI and overall greater profitability for your business.

Presentation Topics:

From Travel Hell to Travel Well: Inside Secrets to Stay Energized, Healthy and Balanced When You Travel for Business!

- **Maintain wellness** when traveling by understanding how to naturally support your immune system
- **Sleep better** when you're on the road
- **Reduce the stress** you feel when you travel
- **Understand the best foods to eat** - and which foods to avoid - to best balance your health
- **Help your body reduce jet lag symptoms** so that you can perform at your best

Wellness Magic...Secrets for Energy, Vitality, and Longevity

- **Discover the one simple** change that will drastically improve your family's health!
- **Optimize your health around technology**
- **Learn the best ways to get your energy and balance back**

Stress Management for Sales Professionals

- **Minimize unwanted stress** to better focus on sales
- **Boost your immune system** to stay well
- **Sleep better** at home and on the road for maximum energy
- **Supercharge your nutrition** - best ways to fuel your body

Illness and Travel Can Be Dangerous To Your Health and Profits!



Jet lag causes a 1/5th loss in productivity.

*Travel Stress Index: The Hidden Costs of Business Travel (2013), Carlson Wagonlit



Travel stress costs 6.9 productive hours per trip.

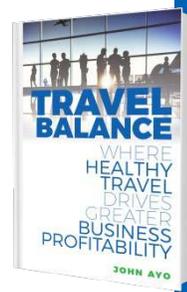
*Travel Stress Index: The Hidden Costs of Business Travel (2013), Carlson Wagonlit



Digestive troubles cost U.S. businesses over \$654 million (in missed work) in 2005.

*2008 Wang Study Economic Aspects of Travel Diarrhea

The U.S. Centers for Disease Control states that 50,000 people will experience some health problem while abroad. 8,000 will need to be seen by a physician. 5,000 will be confined to a bed. 3,000 will be admitted to a hospital. Fifty will require air evacuation and one will die on the trip. John Ayo's mission is to reduce these



John Ayo is the author of the book **Travel Balance**, that shows business travelers how to stay healthy while traveling.

Travel Balance is available in both print and Kindle versions on Amazon.

Showing Business Travelers How To Stay Healthy And Productive So You Can Perform At Your Best!



Can You Travel, Be Productive And Stay Healthy?

Some of the most successful business leaders today have achieved a more balanced and healthy lifestyle that John and his book, *Travel Balance* teach. Here's what they have to say...

"I recently heard John speak at a conference for independent meeting planners. Not only was John an engaging speaker, he delivered practical and valuable advice which was extremely applicable to our industry."

Linda Spelling, President and Senior Event Planner

"We invited John in to speak to our entire team during our annual meeting. His session was a favorite among the group. It was extremely informative, fast paced and interactive. John could have stayed for an additional hour or two answering our teams' questions. I would highly recommend him for any type of meeting, especially when you are trying to show your team that you truly care about their well being and overall health."

Mike Gamble, President/CEO

BOOK JOHN FOR YOUR NEXT EVENT

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

About John Ayo

John Ayo is a Professional Speaker, Author and Naturopath focused on inspiring and empowering professionals to stay energized, healthy and balanced while traveling and at home.

He spent 30+ years working in sales and sales training at IBM where he achieved remarkable results as a seller, sales trainer and speaker. He has taught more than 4,000 people in 26 countries about his secrets to better health on the road (and back at home) with fabulous reviews!

As a result of his extensive travel experience, he wrote a book called *Travel Balance*, that helps business travelers stay energized, healthy and balanced while traveling.

John is a traditional naturopath, and has a thriving natural health practice in Plano, Tx. John holds a BS in Civil Engineering, an MBA and a Doctorate in Naturopathy (ND).

He spends countless hours researching diverse health issues to find solutions that impact the lives of people, especially as it relates to business.

