

Have you ever gotten sick on day 2 of a 10 day business trip?

Have the effects of jet lag ever impacted your ability to do your job?

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



How Can Travel BalanceTM Benefit Your Business?

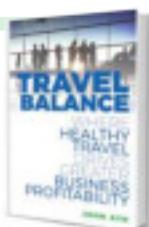
Author and speaker John Ayo, will show you how to stay healthy while traveling so you can perform at your best! Healthy travel means better productivity which leads to a greater ROI and overall greater profitability for your business.

Presentation Topics:

9 Secrets to Healthy Travel - This presentation will help you reduce stress, sleep better, and stay balanced while traveling by focusing on natural/healthy choices that you can make while on the road.

You Can't Close the Deal if You're Sick in Bed - Salespeople understand how important that first face-to-face impression can be. Showing up to present your best goes right down the tubes if you're sneezing and sniffing. John shares his proven methods for staying healthy on the road and at home.

Don't Be The AWOL Consultant - Employers spend millions each year sending their consultants to deliver onsite services. Studies show that frequent business travelers are 20% less productive and 12% more stressed than their colleagues, costing their companies an average of \$662 per traveler per trip. John will share his tried and true stress relieving techniques that will enable you to stay mentally and physically prepared and maintain your focus to "Seal the Deal"!



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 printed and Kindle versions on Amazon.

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Is Healthy Business Travel Really A Big Deal?



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 numbers.



CONNECT with John Ayo

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What Others are Saying

Some of the most successful business leaders today have experienced the importance of balance that John and his book, *Travel Balance*® teach. Here's what they have to say...

"Every business traveler needs this amazing book as the ultimate resource for maintaining good health on a consistent basis. It should be required reading for everyone who travels globally for their organization. A definite must have!"

Dick Brusco, International Speaker and Founder of Heard Above The Noise

"I travel on over 100 flights a year. Frequent travelers need a system to ensure maximum personal productivity while on the road. Corporations want their employees healthy while they represent the company across the globe. It simply makes financial sense. John's natural approach is a system that works to keep the mind and body healthy and fresh while on the road."

Bob Jones, Vice President, IBM Corporation

Showing Business Travelers How to Stay Healthy and Productive so You Can Perform at Your Best!

About John Ayo



John Ayo is a Professional Speaker, Sales Trainer, Author and Naturopath. He worked in sales for IBM for 27 years, where the stress of "Corporate America" caused him to examine his priorities in life. He began having health issues around 1999 that could not be addressed by the traditional medical model of "fixing symptoms." This led him on an amazing journey back to health . . . and to his true passion.

John grew up in Houston, and graduated magna cum laude from Texas A&M in Civil Engineering, where he went on to earn his MBA. This problem-solving background has played a huge part in John's passion for natural health, where he continues to spend many hours researching the cause of health issues.

This quest led John to pursue a Doctorate in Naturopathy (ND,) which he completed in 2006. Naturopathy is a field of natural health that seeks to understand the cause of imbalances in the body that lead to symptoms, and educate people on the principles and lifestyle changes they can make to correct these imbalances.

He has been teaching sales classes for IBM since 2006, and as a result of his extensive travel experience, wrote a book called *Travel Balance*™, that shows business travelers how to stay healthy while traveling.

John earned his black belt in Aikido in 2011. Aikido is a Japanese martial art that is the study of energy in motion, and more importantly how we can apply this to achieve balance in our lives.

His mission is to make a positive and meaningful difference in people's lives by sharing the information that he has researched on natural health solutions.

