

Dr. Jo

inspiring busy people to stay energized, healthy, and sane



Dr. Jo®, Wellness Expert, Author, Speaker

How to Stay Healthy & Fit on the Road

In this fast-paced, interactive breakout, Dr. Jo uses scientific research from her review of over 1000 medical studies and interviews with 100+ traveling executives to offer real-life strategies for improving performance on the road by showing people how to have more energy while reducing the health risks associated with extensive travel.

Attendees will leave this keynote with:

- A deeper understanding of the relationship between lifestyle choices and performance
- Strategies for finding the best options at any restaurant or function
- Tools to manage jet lag and get a good night's sleep virtually anywhere
- Creative solutions for fitting in fitness and fun on the road - without going to the gym

Dr. Jo's keynote is perfect for:

Outside sales, executives, meeting planners, travel industry, trucking and consumer transportation (busing, rail and air)

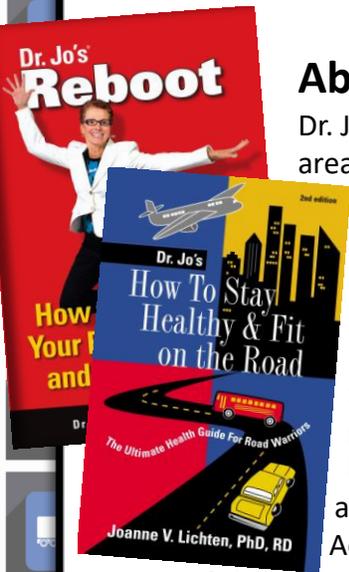
Problem:
Americans make more than 405 million long-distance business trips per year. Business travel is necessary, but it also takes us out of our routine and can lead to unhealthy and even dangerous lifestyle choices.

Customized Solutions include:
Keynotes, Breakouts, Training, Coaching, Webinars

About Dr. Jo®

Dr. Jo® Lichten, PhD, RDN, CSP is a recognized expert in the areas of workplace productivity and performance. In the overcrowded wellness field, Jo is a voice of reason blending the science of peak performance with a healthy dose of reality.

In more than 1000 programs, she provided motivation and realistic strategies for improving workplace performance, achieving life balance, and preventing burnout. She brings decades of experience as an accredited health professional (RDN), her doctorate Adult Education (Texas A&M) focusing on the area of change, and the Certified Speaking Professional designation. For seven years, Jo coached hundreds of business travelers about how to power up performance while avoiding burnout at the Johnson & Johnson Human Performance Institute.



Testimonials:
"Jo was a fabulous addition to the event. I absolutely recommend her!"
 ~ Lori Harbin, Corporate Events Unlimited

"We thought your presentation was amazing. Seriously. Perfect for the audience and very informative"
 ~ Patty Day, Medical User Group Coordinator