



# Work Well Remotely:

healthy habits at home

*Struggling to shut down after long hours?  
Barely getting steps between your kitchen and desk?*

Working from home can be tough with distractions and temptations to **overwork and under-move**. Productivity, health, and focus don't have to be a **fight against willpower**. With the right habits, you can **get in the zone, stay active, and work effectively at home**.

**Get the tools to take care of yourself, and do your best work - virtually!**

## “This class opened my eyes”

*Detailed advice that can boost productivity and focus today! Marcey outlined the science behind her solutions and why and how they can work for you. I will definitely be signing up for future classes.”*

**- Marsha Morales**

Co-Founder, Humble House Foods, Inc.

### LEARN HOW TO:

- ✓ **Set guardrails** to limit work interruptions & digital chatter
- ✓ **Increase energy** with movement breaks and timed focus boosters
- ✓ **Prepare your brain & body** before and after work

PLAY VIDEO



Marcey Rader : [www.marceyrader.com](http://www.marceyrader.com)

### PERFECT FOR PEOPLE WHO:

- Work remotely
- Travel for business