

THE CORPORATE TRAVELER'S ENERGY RESET

**Simple strategies to stay energized, consistent,
and in control — even with long workdays,
stress, and unpredictable schedules.**



**Built for women whose careers create constant pressure, travel,
and unpredictable schedules.**

Hey my Friend

**Hey, I'm Coach Vickee Motley, of
Strengthen With V.**

**As a clinical nutrition educator and
strength coach, I help high-achieving
corporate women protect their health
from burnout, chronic stress, and
metabolic slowdowns — especially
when travel, long work hours, and
demanding schedules make
consistency difficult.**

**My work focuses on practical systems
that fit real careers and real lives —
not unrealistic routines.**

**Because success shouldn't cost you
your health.**

Vickee Motley





WHY YOUR BODY FEELS OFF WHEN YOU TRAVEL FOR WORK

YOU MAY NOTICE.

- ✓ You're not hungry... then suddenly starving
- ✓ Your energy crashes mid-afternoon
- ✓ You rely on coffee just to function
- ✓ You feel bloated after catered meals
- ✓ Your digestion slows down while traveling
- ✓ Your workouts disappear or not consistent
- ✓ Your sleep is off even in luxury hotels

This isn't lack of discipline.

**Travel stress + schedule disruption
+ cortisol overload can:**

- blunt hunger signals
- slow digestion
- increase bloating
- disrupt metabolism
- drain mental focus

Your body isn't failing you.
It's overloaded.

THE HIDDEN STRESS LOOP OF CORPORATE TRAVEL



- Early flights
- Coffee or caffeine instead of breakfast
- Catered lunches & client dinners
- Little to no fiber-rich foods
- Back-to-back meetings
- Snack stash from desk instead of lunch
- Late emails from hotel rooms
- Poor sleep in unfamiliar environments

Repeat.....

Over time this leads to:

- sluggish digestion
- belly bloating
- low energy
- mental fatigue

This is called:
High Output + Low Recovery

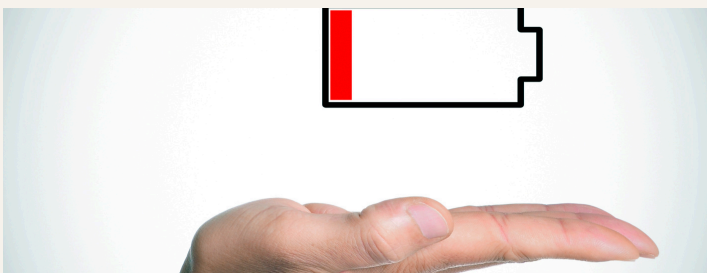
WHAT HAPPENS IN SURVIVAL MODE

When stress stays high and recovery stays low:

- Cortisol increases (stress hormone)
- Fat storage increases (especially midsection)
- Energy crashes become normal
- Cravings increase
- Sleep quality declines
- Metabolism slows to conserve energy

The truth:

👉 This isn't a discipline problem. It's a structure problem.



THE CORPORATE TRAVEL ENERGY RESET SYSTEM

1

Build Structure Before Your Day Takes Over

Most high-performing women don't actually have a time problem...

They have no structure around their day.

So their schedule runs them instead of supporting them.

It looks like this:

Coffee.

Airport rush.

Back-to-back meetings.

Then suddenly it's late afternoon... and they realize they haven't eaten.

This isn't lack of discipline. It's a lack of structure.

Inside **StrongHER**, we build a simple system that works with your schedule — not against it.

We focus on:

- ✓ choosing protein-based meals that stabilize energy
- ✓ breaking the coffee → nothing → late dinner cycle
- ✓ creating a simple daily rhythm (not a perfect routine)
- ✓ having a plan for busy days vs normal days

**Because when your structure becomes consistent...
your energy becomes consistent.**

And high-level performance requires stability.

2

Strength That Fits Your Schedule

Most women aren't inconsistent because they're lazy...

They're inconsistent because their workouts don't fit their life.

Inside StrongHER, we use structured strength training designed for busy professionals who travel.

We focus on:

- efficient workouts that fit the gym, home, or hotel gym
- building lean muscle to support metabolism and fat loss
- improving posture, strength, and physical presence
- prioritizing consistency over intensity

**Because a high-performing woman doesn't need
more exhaustion.**

**You need strategic strength that fits their
schedule.**

3

Recovery That Keeps You From Starting

Most women don't fail because of workouts or food...

They fall off because they never recover.

Late emails.

Early flights.

Interrupted sleep with phone in hand or computer on bed.

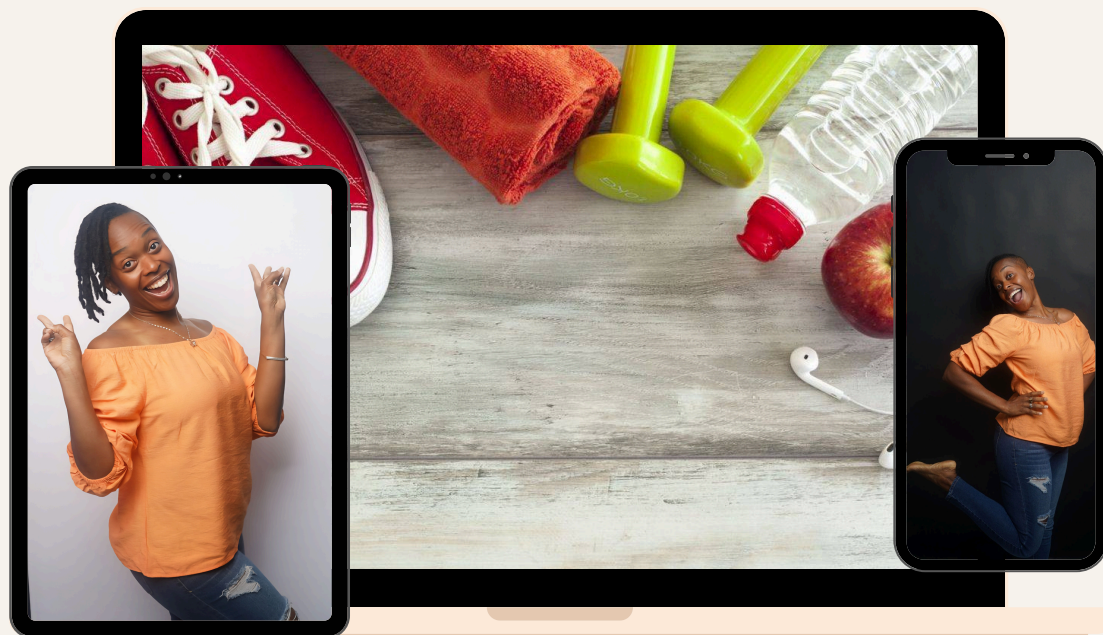
Inside **StrongHER**, we focus on helping your body recover so it can actually respond to training and nutrition.

We work on:

- improving sleep quality even during travel weeks
- supporting your nervous system after high-output days
- reducing the effects of chronic work stress
- helping your body move out of survival mode
- creating boundaries to take a break and stop

Because fat loss, hormone balance, and true energy restoration happens during recovery.

Not during your workday.



READY FOR A PERSONALIZED RESET?

**If your career keeps you moving...
...but your health feels stuck...
you don't need more discipline.
You need a smarter system.**

**Want more than just a guide?
Join the 14-Day Travel Reset where I walk you through exactly
how to apply this in real life.**

**— Coach Vickee
Strengthen With V**

REPLY BACK “RESET”

