

# THE DANGERS OF SITTING TOO MUCH FROM PAIN TO PERFORMANCE

## Speaking Fees

**United States**                      **\$3,500-\$5,000**

**Canada**                              **\$5,000**

**International**                      **\$10,000**

## Travel Expenses

airfare, hotel accommodations, meals  
and ground transportation are in addition  
to the speaking fees.

