

Trucking Magazine Helps Drivers Battle Obesity

Five long-haul truckers participate in year-long Fit for the Road program

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Stress, time constraints and the ready availability of unhealthy food leave many Americans frustrated in their desire to lead fit, healthy lives. Nowhere is that frustration more prevalent than among over-the-road truck drivers, who can work up to 14 hours per day, drive more than 100,000 miles per year and face limited food choices combined with little opportunity for exercise.

Recognizing the challenges its trucker readers face, Truckers News magazine launched Fit for the Road, a year-long program designed to help them take steps to lead healthier lives. More than 350 applicants completed a health form and wrote an essay about why they wanted to lose weight and adopt a healthier lifestyle. The essays highlighted long years of struggling with diet and exercise and the fear of losing their commercial driver's licenses because of high blood pressure or insulin-requiring diabetes.

The five truckers chosen to participate received a complimentary weight-loss and fitness program designed by a dietician and medical doctor to fit their individual health needs. Beginning this month, Truckers News will follow their journey through the pages of the magazine and through blogs kept by each participant. The participants, who are featured in the March issue of Truckers News are:

- 42-year-old Nancy Younger, Kothleen, Fla., who drives for WRY Enterprises. Her goal is to lose more than 100 pounds.
- 42-year-old Albert Morales, Port St. Lucie, Fla., who drives for Marten Transport, also wants to lose 100 pounds.
- Husband-and-wife team drivers Terry and Carey Hill want to lose 100 pounds and 75 pounds, respectively. The San Antonio, Texas, truckers drive for Swift Transportation.
- John Shook, 38, a Mount Vernon, Ill., owner-operator leased to Landstar-Ranger. Shook wants to lose 55 pounds.

About Truckers News

For more than 30 years, Truckers News has been the No. 1 news and lifestyle publication for over-the-road truckers. More than 100,000 copies of this award-winning publication are distributed monthly at premier truck stops and travel centers nationwide.

Contact:

Carolyn Magner

Randy Grider

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