



**And  
The  
Winners  
Are....**



Congratulations to James Houston and James Peters for being the Grand Prize Winners in the St. Christopher Truckers Relief Fund Driven to Be Healthy Challenge. They participated in a 6 month challenge that consisted of two main categories; highest percentage of weight loss and most active minutes.

Being on the road and behind the wheel of a truck for many hours each day is not conducive to healthy eating habits and consistent exercise. These two professional drivers made the commitment to change their lives by being a part of a health challenge that offers incentives to get healthy. While it wasn't easy and took time and effort, their hard work paid off and they achieved success.

James Houston, a driver with Bulldog Hiway Express, had the highest percentage of weight loss by losing over 7% of his body weight during the challenge. James, while already experiencing a large portion of his weight loss before the start of the challenge, credits the health challenge for providing the motivation he needed to reach his target weight. The contestants became a long-distance family that relied on each other for motivation, accountability, and "friendly competition".

James Peters, who drives for Prime, Inc., had the most active minutes during the 6 month challenge. He attributes much of his success to the support and encouragement he received from other drivers that participated in the challenge. "I've struggled a lot through this challenge with stressful emotional eating. The support and encouragement of others... that is what got me through this. I may not have reached the weight goal that I had planned, but emotionally and stress related, I'm in a better place than when I started and with that I know the weight will come off." He says drivers need to be educated, not only on what lack of exercise and bad eating habits means to their health, but their driving careers. Their lives and families are worth it!

*The SCF helps semi-truck drivers and their families who have financial needs due to current medical problems. Assistance may be in the form of paying living expenses while recovering from illness and out of work or providing information on how to negotiate price reductions with medical providers and hospitals.*

*The SCF is also working to provide programs that will benefit professional drivers and the trucking industry.*

*For more information call 865-202-9428, email [contact@truckersfund.org](mailto:contact@truckersfund.org) or visit the website at [www.truckersfund.org](http://www.truckersfund.org)*