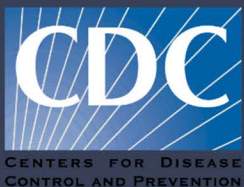




**DON'T LET DIABETES
PUT THE BRAKES
ON YOUR CAREER**



**DRIVING DOWN
DIABETES**



SPONSORED BY:
Southern Recipe



**DRIVING DOWN
DIABETES**



TAKE CONTROL OF YOUR HEALTH

THE CDC ESTIMATES THAT PEOPLE WITH PREDIABETES WHO TAKE PART IN A STRUCTURED LIFESTYLE CHANGE PROGRAM CAN CUT THEIR RISK OF DEVELOPING TYPE 2 DIABETES BY 58%.

THE ST. CHRISTOPHER TRUCKERS RELIEF FUND IS EXCITED TO OFFER 2 TYPES OF FREE DIABETES PREVENTION PROGRAMS! BOTH ARE OPEN TO ALL CLASS A OTR DRIVERS AT RISK FOR TYPE 2 DIABETES. THESE EVIDENCE-BASED LIFESTYLE CHANGE PROGRAMS ARE AIMED AT REDUCING THE RISK OF DEVELOPING TYPE 2 DIABETES.



DRIVING DOWN DIABETES

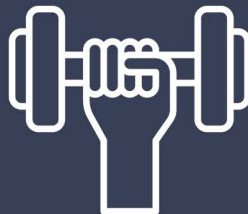


OPTION 1:

CDC-APPROVED YEAR LONG PROGRAM THAT TEACHES NUTRITION, EXERCISE, AND STRESS MANAGEMENT. JOIN FELLOW DRIVERS IN LIVE WEBINARS WITH A SPECIALLY TRAINED LIFESTYLE COACH. THIS PROGRAM MEETS, MEASURES, AND TRACKS SUCCESS REGULARLY THROUGHOUT THE YEAR.



NUTRITION



EXERCISE



**STRESS
MANAGEMENT**



WEEKLY REPORTS



LIFESTYLE COACH



DRIVING DOWN DIABETES

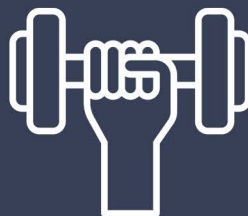


OPTION 2:

CDC-APPROVED CURRICULUM THAT TEACHES NUTRITION, EXERCISE, AND STRESS MANAGEMENT. ONLINE ONLY PROGRAM USING PRE-RECORDED VIDEOS. THIS PROGRAM IS OPEN AND AVAILABLE ANYTIME WITH ACCESS TO WEEKLY LESSONS AND A LIFESTYLE COACH.



NUTRITION



EXERCISE



**STRESS
MANAGEMENT**



WEEKLY REPORTS



LIFESTYLE COACH

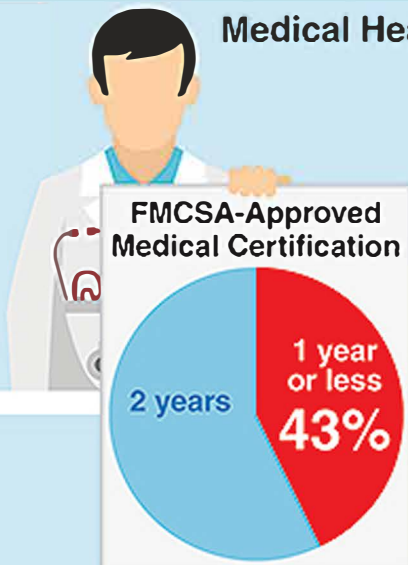


DRIVING DOWN DIABETES



DRIVER HEALTH AND DIABETIC RISK

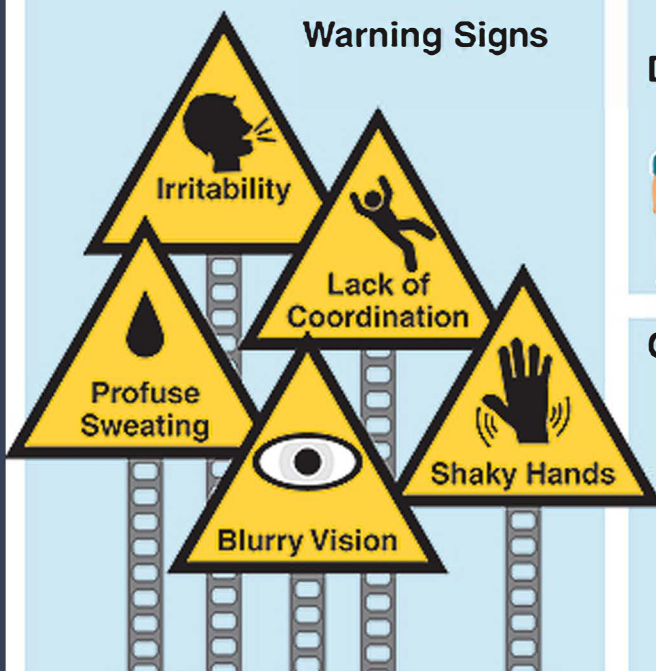
Medical Health



Risk Factors for Diabetes



Warning Signs

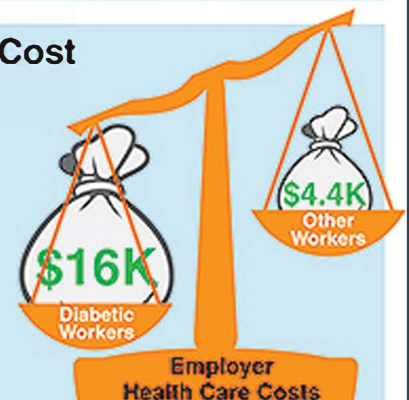


Source: TrueLifeCare.com

Driver Risks



Carriers Count the Cost





FIVE STAR REVIEWS FROM DRIVERS LIKE YOU!



"EVERY YEAR I GET A PHYSICAL THROUGH THE VA AND THEY DRAW LABS EVERY YEAR AS WELL. LAST YEAR WHEN MY LABS WERE DRAWN THE NUMBERS INDICATED A MOVE TOWARDS PRE-DIABETES OR DIABETES AND THAT WAS WHAT HAD ME JOIN YOUR PROGRAM.

I HAD MY YEARLY PHYSICAL ON MONDAY WITH LABS DRAWN AND I WAS JUST INFORMED EVERYTHING WAS WITHIN NORMAL RANGE AND NOT THE NUMBERS I HAD LAST YEAR. THOSE LITTLE CHANGES CAN MAKE A DIFFERENCE. I JUST WANTED TO SHARE THIS WITH YOU!"

"THIS PROGRAM HELPED ME TO GET EXTRA MOVEMENT IN MY AVERAGE DAY. I WOULD GIVE IT 5 STARS. WISH I COULD GIVE IT 10!"



**SAVING LIVES
AND FAMILIES**
ONE DRIVER
AT A TIME

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SIGN UP