



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



**DIABETES
PREVENTION**

MADE POSSIBLE BY:





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%****



OUR PROGRAM:

OUR DIABETES PREVENTION PROGRAM IS A 12-WEEK PROGRAM THAT TEACHES THE FOUNDATION OF NUTRITION, EXERCISE, STRESS MANAGEMENT AND MORE. JOIN FELLOW DRIVERS IN LIVE WEBINARS WITH A SPECIALLY TRAINED LIFESTYLE COACH.



NUTRITION



EXERCISE



**STRESS
MANAGEMENT**



WEEKLY REPORTS

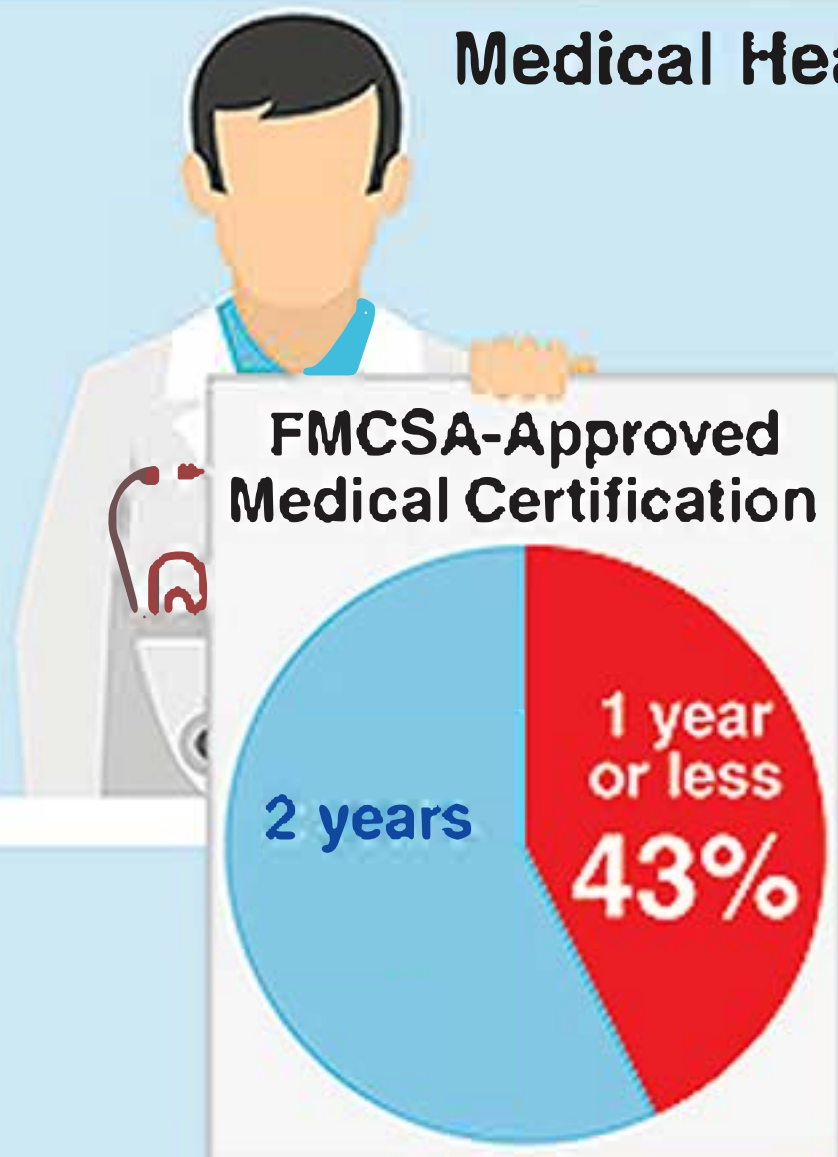


LIFESTYLE COACH



DRIVER HEALTH AND DIABETIC RISK

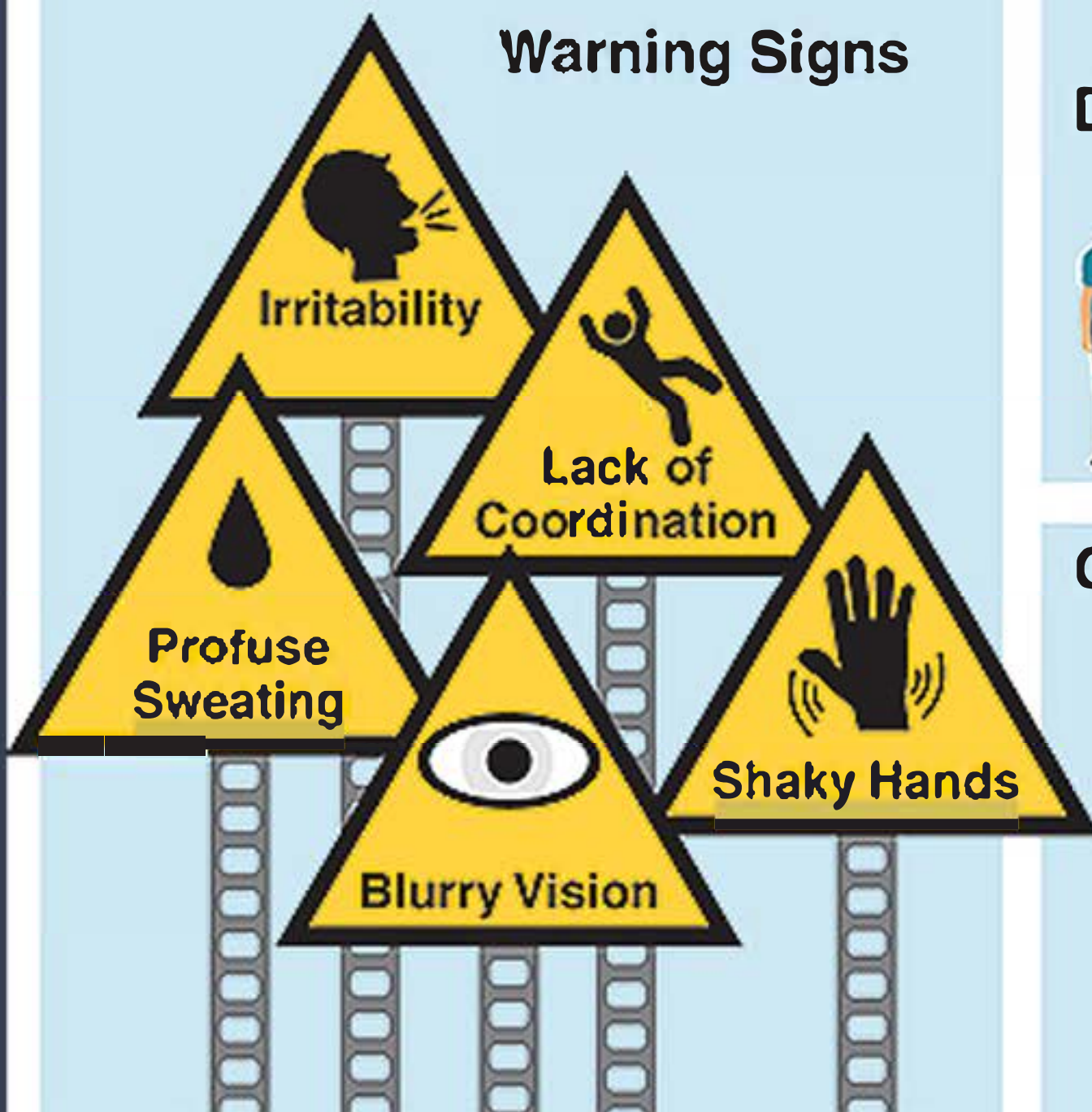
Medical Health



Risk Factors for Diabetes

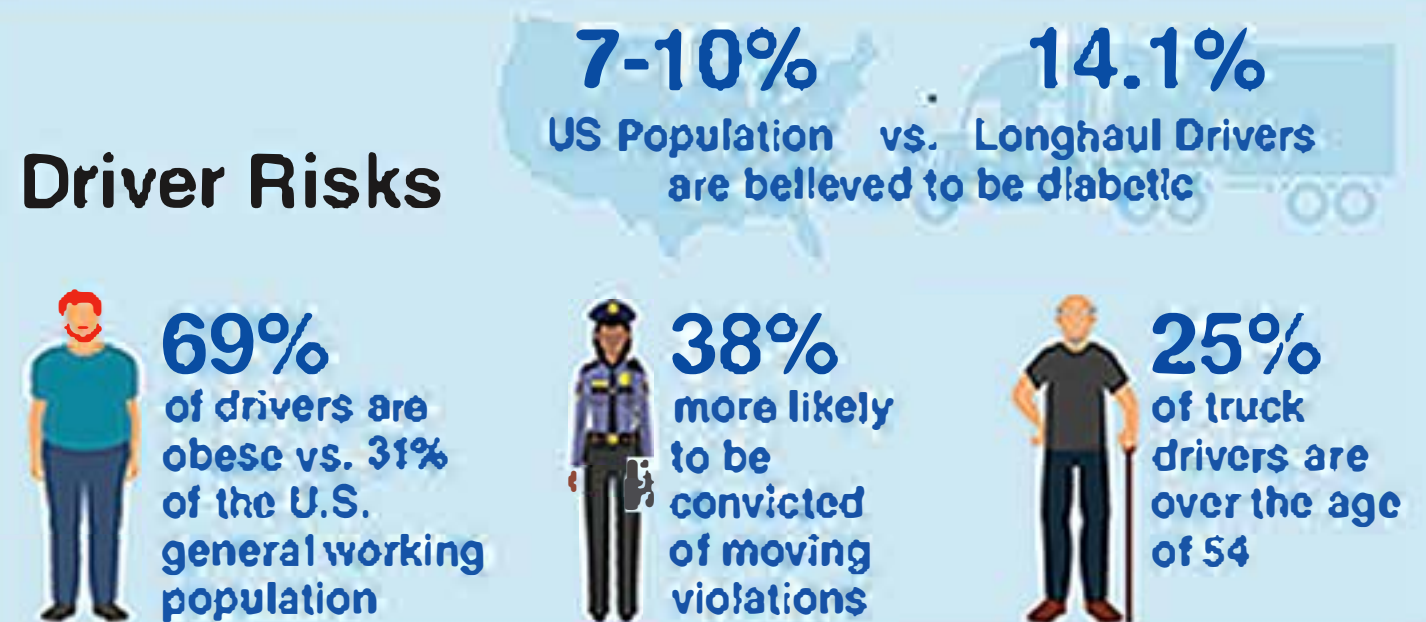


Warning Signs

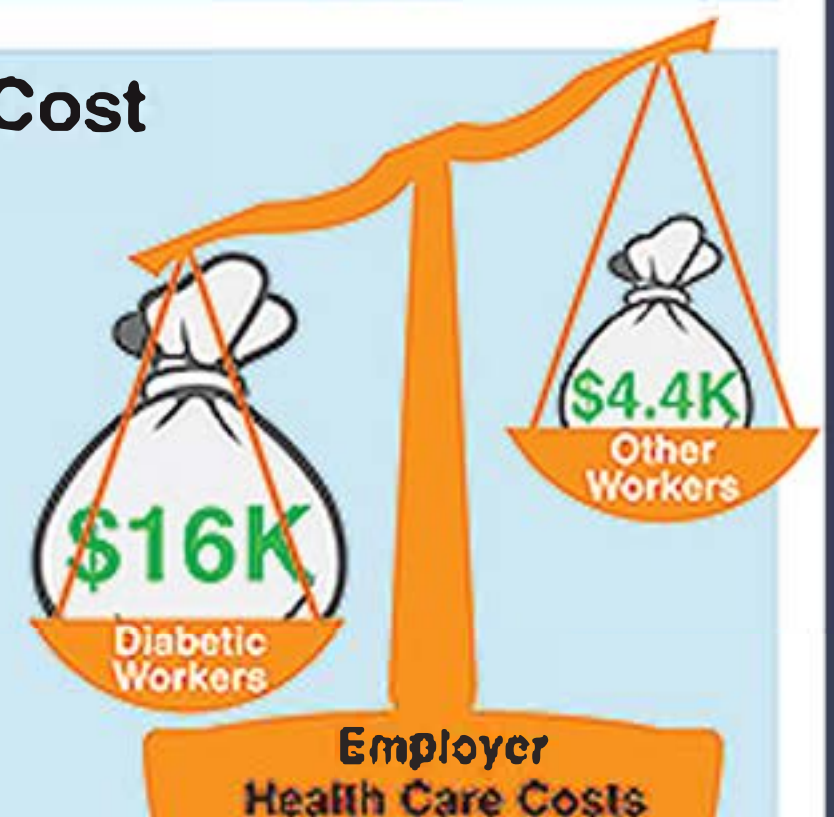


Source: TrueLifeCare.com

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