



61 IS TOO YOUNG

Wellness Event Keeps Drivers Trucking

The trucking industry has an average life expectancy of only 61 years, but Foltz Trucking is making great strides to raise that number for their drivers.

For several years, Foltz Trucking has been partnering with PRO Resources to offer wellness programming. Efforts have included numerous successful health behavior programs, such as monthly wellness coaching calls, a "Worth the Weight" challenge, a "Walking for Wellness" competition, and the current "Foltz Top Ten Truckers" contest for smoking cessation and weight loss.

Their biannual safety meetings include a health fair with free health screenings or

flu shots, wellness presentations featuring speakers from local health organizations, and an awards ceremony where drivers who have made healthy changes or maintained a healthy lifestyle receive financial awards and prizes.

The program has been meeting with great success. When recently polled, 38% of participants reported seeing a physician as a direct result of the health screenings. Seventy-five percent of health fair participants stated they planned to make a change using what they learned at the most recent safety & wellness event.

Foltz Trucking is making an exceptional effort in an extremely difficult industry, which requires creativity and dedication to get active participants. They are truly committed to keeping their drivers rolling along the road to better health and longer life!



Foltz Trucking driver gets his flu shot



Drivers receive their wellness awards



Drivers listen as a nutritionist offers alternatives to "Truck Stop Food"



Zach Gunderson (Business Consultant at PRO) and Foltz Trucking drivers get active with Wii games



Jodie Johnson (Human Resources Supervisor) helps at the blood pressure check station

Jennifer Peterson helps drivers with Body Mass Index weigh-in

