Progressive® Insurance declares June as National Trucker Health Month

Healthy eating tips and road-friendly exercises are little changes that can make a big impact

MAYFIELD VILLAGE, Ohio — June 2, 2014 — According to the Journal of the American Medical Association (JAMA), more than one third of American adults are obese, with truck drivers at an even greater risk for obesity due to the large amount of time they spend sitting behind the wheel as part of their job. To help combat this problem, the trucking industry has implemented a number of offerings, including wellness programs, healthier menu items, and free exercise rooms for drivers. Many truckers are even bringing bicycles with them on the road or preparing their own lunches.

To further raise awareness for this issue, Progressive® Insurance is proclaiming June as National Trucker Health Month, and turned to its experts to help truck drivers find solutions.

"One large problem facing truckers is a lack of healthy food options," said Drew Bonsky, registered dietician at Progressive's health center. "However, small swaps in eating habits like switching to water instead of soda can go a long way."

Bonsky provided a list of easy swaps that truckers can make at rest stops, available at http://www.progressive.com/newsroom/article/2014/may/eat-this-not-that/.

Additionally, Laura Locker, a personal trainer and fitness center manager at Progressive says exercise can be tough on the road.

"Truckers spend most of their day sitting down, and they don't always have access to fitness facilities," said Locker. "That makes it easy to fall out of shape, and before you know it, you're unhealthy and have no idea how you got there. It can be difficult to jump back in, but with every little exercise you do you're lapping everyone on the couch."

Locker wrote an article that shows easy exercises you can do anywhere. That article, which can be found at http://www.progressive.com/newsroom/article/2014/may/trucker-exercises/, demonstrates bodyweight movements that don't require a gym or equipment, and can be completed in just 10-15 minutes.

Progressive offers its employees services such as health centers, dieticians and weight loss programs and is hoping by sharing knowledge from its internal resources to the trucking community, it will add value to their lives.

About Progressive
The Progressive Group of Insurance Companies makes it easy to understand, buy and use auto insurance. Progressive offers choices so consumers can reach it whenever, wherever and however it's most convenient—online at progressive.com, by phone at 1-800-PROGRESSIVE, on a mobile device or in-person with a local agent.

Progressive also offers insurance for personal and commercial autos and trucks, motorcycles, boats, recreational vehicles, as well as home insurance through select carriers. It's the fourth largest auto insurer in the country, the largest seller of motorcycle insurance and a leader in commercial auto insurance. Progressive also offers car insurance online in Australia at http://www.progressiveonline.com.au.

Founded in 1937, Progressive continues its long history of offering shopping tools and services that save customers time and money, like Name Your Price®, Snapshot®, and Service Centers.

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