

DRIVING GOOD HEALTH

BEING HEALTHY ISN'T ABOUT THE WEIGHT YOU LOSE - IT'S ABOUT THE LIFE YOU GAIN



These drivers joined Rolling Strong and had great success improving their health and won prizes along the way, and so can you!



Before I started with Rolling Strong, I felt lazy and tired all the time. After driving, I would just get in my bed and watch a movie, or read, and then go to sleep. Being part of Rolling Strong keeps me going every day!
I get out and walk and I feel better. I'm eating better, and I've lowered my systolic blood pressure by 30 points!

~ Christian



Rolling Strong has helped me focus more on my health and I feel more confident. I've made many lifestyle changes since I joined Rolling Strong. The competitions are cool and the prizes are something that I appreciate. I'm rewarded for taking care of my body! Rolling Strong is a great opportunity to live happy and healthy.

~ Rodney



I've had the privilege of participating in the last few Women In Trucking/Rolling Strong Competitions. It has been an amazing experience. I love that the focus was overall health and wellness, not just losing weight. I was able to create new, healthy habits with the help of my coach. Seeing the dials turn to green each day was rewarding. I look forward to the next competition!

~Lana Nichols



GETTING STARTED IS EASY

1. Begin the online registration by using the Driver Wellness Link on this page.
2. Complete registration from your email or text invitation you receive.
3. Download the Rolling Strong app.



NEED HELP OR HAVE QUESTIONS ?

Email: coachme@rollingstrong.com Call:

850-972-0126

Web: www.rollingstrong.com

