

NATSO

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# Truckers NEWS

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www.truckersnews.com

## Their LOSS is Their Gain



Fit for the Road  
participants  
lose weight  
and improve  
overall  
health

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on Two Successful Careers 32

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Bear Truck* to Be Restored 36

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Randall e Reill

## John Shook

**Location:** Mount Vernon, Ill.

**Age:** 38

**Height:** 6'

**Weight at start:** 255  
pounds

**Final weight:** 215 pounds

**Total weight loss:** 40  
pounds

**Size changes:** Went from a XXL shirt to a size large for the cover photo, pant size from 38 to 34 waist.

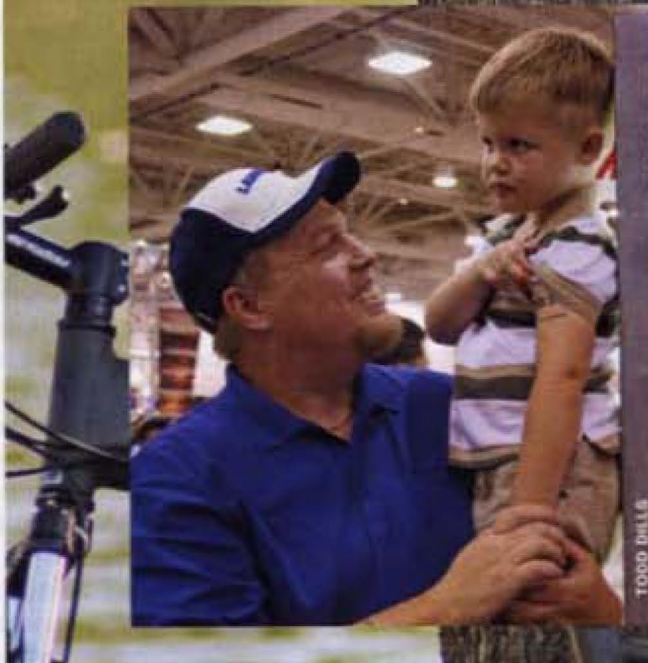
**Health changes:** Blood pressure medication cut in half and blood pressure is normal: 120/73.

**Significant lifestyle changes:** Shook changed his diet to include three meals per day, one mid-morning snack and one late-afternoon snack. His breakfast menu now consists of low-fat milk with sugarless cereal. He eliminated fatty, fried snacks and for dinner chooses salad with grilled chicken. His exercise routine went from no physical activity to working out three times per week. He rides a fold-up bike for four to five miles a day.



John Shook,  
January 2007

ROBERT SUTTON



TODD DILLE

John Shook holds his son Matthew who weighs 40 pounds, the same amount of weight Shook lost for the Fit for the Road program. (right) Shook rests after riding his Montague folding bike.

JACKIE L. PRICE

