



YOGA FOR TRUCK DRIVERS FROM MOTHER TRUCKER YOGA

Fitness for truckers doesn't have to look like Sylvester Stallone's weight system in the cab of his long-haul truck in the film "Over the Top." In fact, trucker fitness can be as simple as a few yoga stretches. Yoga veteran Hope Zvara has helped thousands of truckers across the country through Mother Trucker Yoga. Mother Trucker Yoga helps truckers achieve a healthy lifestyle—all without stepping a foot out of the cab.

Hope Zvara and Phil Knucky created Mother Trucker Yoga because they saw a void: yoga and fitness for everyone but truckers. Now, as the sole owner of Mother Trucker Yoga, Hope, a yoga veteran of 18 years, strives to help truckers achieve a healthier lifestyle with the tools they're given—an air ride seat in the cab of their truck.

FITNESS MADE SIMPLE

Mother Trucker Yoga videos are accessible through a smartphone or a tablet. In the videos, Hope instructs drivers through several seated yoga positions with 3- to 5-minute videos. The yoga poses are simple and effective—great even for those with limited mobility.

Mother Trucker Yoga's videos are for everyone, but they were designed with the professional driver in mind. The poses and Hope's advice help lay the foundation to help drivers achieve realistic goals.

Hope shows drivers exactly what to do in each video and shows them how to do it in their cab—no yoga mat or yoga pants necessary!

FOR THE DAY CAB

Modern WorkTruck Solutions reached out to Hope Zvara to ask her about yoga specifically for day cab drivers



and all our readers in the vocational segment. In response, Hope graciously went out of her way to create a video just for you—the vocational truck driver.

Hope also shared with us a short video explaining the benefits yoga gives to drivers. Later this month, we'll release those videos on our website for you to view completely free. In the yoga video, Hope shares steps and moves you can take to improve your health and wellness whether you're parked at a worksite, stopped at a red light in the city, or even while driving on the road.

Hope says these videos are perfect for drivers who are like most of her trucker clients who step out of their cabs with a stiff back and aching hips due to the prolonged amount of time spent on their bottoms throughout the workday.

"When you think about yoga, I don't want you to think about sitting and 'OM-ing,' or 'Namaste-ing' or feeling like you have to wear clothing that is

not your style or uncomfortable, or even ever have to own a yoga mat," Hope says. "The yoga that I teach and promote, the fitness and wellness tools and techniques that I am teaching thousands of drivers coast to coast, are things that you can adapt to your everyday life." ♦

FOR MORE INFORMATION

Be looking for Mother Trucker Yoga's "Benefits of Yoga for Truck Drivers" video to drop on our website on August 2. Look for the "Yoga in the Driver's Seat, Day Cab Edition" video on our website on August 16. Find out more about Mother Trucker Yoga, visit www.mothertruckeryoga.com.

*Talk soon!
Jade*

