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Hope Zvara

CEO MOTHER TRUCKER YOGA
CREATOR OF STIFF MOTHER
TRUCKER

ABOUT ME

Hope Zvara is the CEO of Mother Trucker Yoga, a company devoted to improving truck drivers' fitness and wellness standards. Hope's practical strategies show drivers how they can go from unhealthy and out of options to feeling good again, all while living over the road as a trucker. She has been featured in Forbes, Yahoo News, and on the two-time Emmy nominated show STARTUP. Hope is a monthly guest on the Tim Ridley Show on Road Dog Trucking on SiriusXM Radio, and a monthly columnist for the Trucker Media Group.

MISSION

Help 1 Million drivers change lanes in their health and fitness through small, simple changes so they can feel good again by 2031.

AUTHOR

Trucking Yoga Simple
Fitness for the Long Haul



CREATOR

STIFF Mother Trucker Pain
Relief Cream



SPEAKER & EDUCATOR & INFLUENCER

Hope has been speaking, teaching and educating on health, fitness and lifestyle for 20 years.

EXPERTISE

- FUNCTIONAL MOVEMENT
- LIFESTYLE FITNESS & HEALTH
- SIMPLE HEALTH STRATEGIES
- YOGA AND STRETCHING
- MINDFULNESS & STRESS RELIEF
- STORYTELLING & TEACHING
- SOCIAL MEDIA INFLUENCER & LEADER
- BUSINESS & HEALTH COACH

"The way you explain things is so practical and easy to understand."

Jimmy Mac, Radio Nemo Weekends Interview

IN THE PRESS



WTMJ-TV
MILWAUKEE



((SiriusXM))



WOMEN IN
TRUCKING



PBS



TRUCKER
PATH



WEBSITE

MotherTruckerYoga.com

SOCIAL MEDIA

@MotherTruckerYoga

