



FREIGHT EXCHANGE

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## **TRUCKER WEIGHT LOSS SHOWDOWN SELECTS FIVE CARRIER PARTICIPANTS**

*Freight Exchange of North America fosters healthy lifestyle for drivers and staff in TCA competition*

**Chicago, IL – May 1, 2013** – Freight Exchange of North America (F/X) announced today that they were selected to participate in the third annual Truckload Carriers Association (TCA) Trucker’s Weight Loss Showdown. The showdown challenges employees at five national carriers to participate in the 10-week long Lean for Life program co-sponsored by TCA and Lindora Clinic, a clinical weight management provider.

“We’re excited to be part of the Showdown this year,” said F/X President, Todd Bennett. “There are great benefits to losing weight that will help our drivers and staff to be healthy and happy, and hopefully the program will help create lifestyle changes that will benefit them for years to come.”

Four F/X staff members and eight F/X drivers will participate in the program that begins May 27, and stresses a low carbohydrate, moderate protein, low-fat diet; exercise, nutrition education; and lifestyle changes. Participants will receive nutritious snacks for convenience on the road, Lindora’s support services and tools, as well as training materials.

The Showdown was conceptualized in 2011, after TCA and Lindora Clinic became concerned with the alarming obesity rate for long-haul truck drivers.

“When we first heard the startling statistics around driver health, we knew we needed to get involved immediately,” said Lindora Clinic Executive Chairman, Cynthia Graff. “The trucking industry plays a vital part in our national economy. Unfortunately, the challenges they experience have created an industry health problem that has implications for all of us. That’s why we are very excited to partner with the TCA to make a difference in the health of drivers.”

Past participants of the Lean for Life Program lost an average of 10.4% of their starting body weight after completing the program.

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### **About Freight Exchange of North America**

Freight Exchange of North America (F/X) is a full truckload carrier providing service to the continental U.S., Canada and Mexico. With strategically placed terminals in Southern California, El Paso, Dallas, Laredo, The Rio Grande Valley and Chicago, F/X has a superior network to cater to a wide array of customers across the country. F/X also supports NAFTA trade in Mexico

and Canada. Driven by flexibility, responsiveness to customer needs, and a strong focus on safety, F/X is recognized by countless shippers as one of the premier full truckload carriers in North America. F/X is a subsidiary of Chicago-based Transportation Solutions Enterprises LLC. [www.fxfreight.com](http://www.fxfreight.com)

### **About Truckload Carriers Association**

Truckload Carriers Association (TCA) is the only national trade association whose collective sole focus is the truckload segment of the motor carrier industry. The association represents dry van, refrigerated, flatbed, and intermodal container carriers operating in the 48 contiguous states, as well as Alaska, Mexico, and Canada. Representing operators of more than 200,000 trucks, which collectively produce annual revenue of more than \$20 billion, TCA is an organization tailored to specific truckload carrier needs.

### **About Lindora**

Lindora Clinic is America's leading clinical weight management provider and enjoys a reputation as the gold standard in weight management. Every week thousands of men, women and children visit one of the 44 Lindora Clinics.