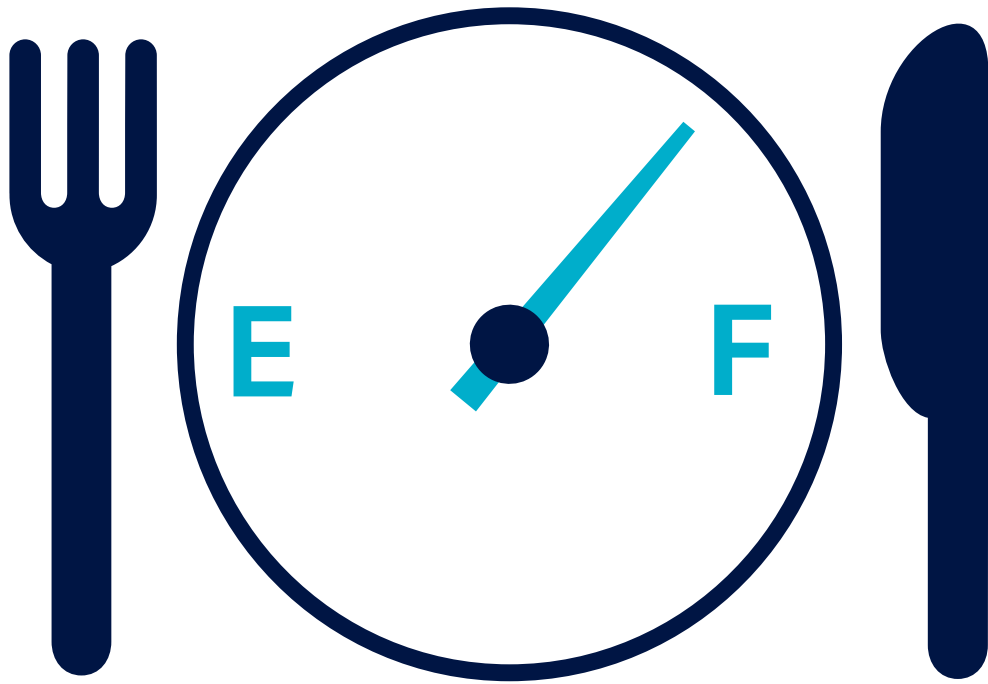




Healthy Heads in Trucks & Sheds



# Fuel up often.

And not just your truck! Aim for 3 small meals a day and 2-3 healthy snacks to keep your metabolism active.