

**August 2020**

## Live Healthy, Drive Healthy

Exclusive Program for TSA Members

### Focus on Health

This year, the *Live Healthy, Drive Healthy* series has addressed:

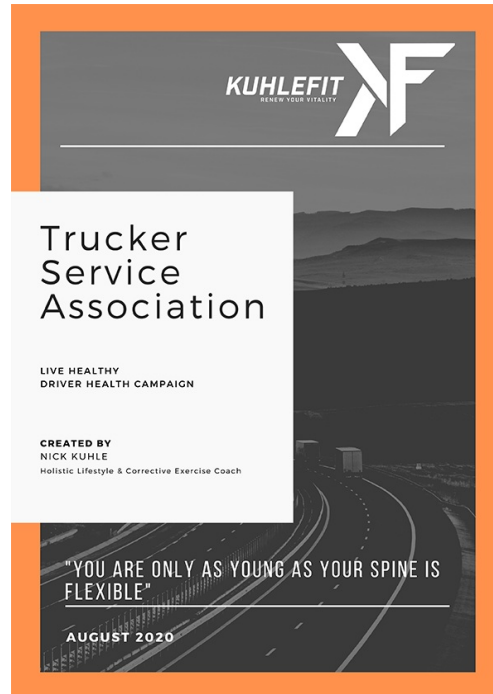
- Health Goals and Food Awareness
- The 4 White Devils
- Sleep & more

**This month our focus is Flexibility.** It sounds silly until it hits you. Until you really start to feel it. Stay ahead of the pain!

[Check out the Month #7 - Flexibility.](#)

For tips and step-by-step instruction for maintaining your flexibility.

**It's never too late to start.** You can find all of the Live Healthy, Drive Healthy info on [TSATruck.org](http://TSATruck.org)



## Additional Resources



### LONG HAUL HEALTH

It's hard on the body to be driving all day. Taking good care of yourself is as important to your business as taking care of your truck.

Long Haul Health focuses on providing tips for easing the pain of life on the road.

[Check Out These Pain Relief Options](#)

*Live Healthy, Drive Healthy* and *Long Haul Health* are TSA member's exclusive programs focuses on equipping you with the tools and techniques necessary to take your current health; regardless of what state it's in and optimize it.

## Follow, Comment & You Could Win!



**How Have You Focused On Your Health This Year?**

**3 Easy Steps to Win A CVS Gift Card**

1. Follow Us on [Facebook](#) or [Twitter](#)
2. Comment on the "How Have You Focused on Your Health" post.
3. You Could Win A CVS Gift Card

[Comment on the post!](#)

### How Have You Focused On Your Health This Year?



Winners will be chosen at random from TSA members post comments. So head on out @TSATruck Facebook or Twitter follow & comment on the post for your chance to win.

## The Road Home

Original Podcast for TSA Members

### Economic Outlook for 2020

In this episode...

**Todd Amen**, President of ATBS. He has his pulse on the Independent contractor community and the business ahead. He talks about what we can expect the balance of 2020 and how to navigate on the business side of trucking.

**Susan Dold** from Truckers Against Trafficking provides a candid look inside this issue and how you can help fight this battle of human trafficking.

**Rich Luna**, Director of Publishing, Editor in Chief of Meeting Professionals International (MPI) talking about great travel destination this city just outside of Dallas / Fort Worth is for vacation or business.



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## In The News

[Heavy Vehicle Tax Due August Forms & Info](#)

[Truckload Carriers Association's Driver of the Year Contest](#)

[Brake Safety Week Inspection Blitz Set for August](#)

[Women In Trucking Moves Conference Online](#)

[Fittest Driver Contest: Push Up Challenge](#)

- Video here: <https://www.thetrucker.com/pushupchallenge>
- Contest provider here: <https://fittopass.com/>

## Keeping Your Business On Track

Earlier this month, ATBS conducted a survey of over 300 owner-operators about the effects of COVID-19 on their businesses. This survey sheds some light on how the pandemic has affected owner-operators overall.

**Our Partners at ATBS have decades of experience with Owner/Operators!** Call 1-888-640-4829 and mention TSA for 4% discount off Standard Business Services.

Learn more from CEO Todd Amen on this month's [The Road Home Podcast - exclusively from TSA.](#)





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MASA Assist



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PrePass



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Insurance Coverage

**CALL 877.968.8785 FOR MORE INFORMATION**



**[TSATruck.org](http://TSATruck.org)**