



Improving lives,  
**one driver**  
at a time.



ClearConnect Solutions Marketplace™ Partner



### Program overview and mission

Customized health and fitness programs that teach drivers how to eat healthy and exercise – *anytime, anywhere – in the truck, at a truck stop, gas station and ultimately, back home.*

### Exercise

Daily, truck-friendly workouts that don't require a gym or extra equipment.

### Nutrition

Habit-based nutrition programs that help you make healthy choices on the road.

### Accountability

One-on-one, 24/7 access to message a coach and weekly check-ins.

*With ClearConnect Solutions and Offshift's partnership, we provide thoughtful and integrated health and fitness plans, which will mitigate risk and truly – make a difference in truck drivers' lives AND your bottom line. That's a win, win.*

### What is Offshift?

Offshift, formerly Supply Chain Fitness was developed by Dr. Mark Manera and his team with the mission to provide personalized: exercise, nutrition, and accountable coaching for truck drivers.

### Make a difference

Truck driver health and wellness is one of the trucking industry's top priorities—and for good reason—**there are over 3.5 million truck drivers in the United States!** That's a lot of drivers and a lot of potential risk. With Offshift, *you can mitigate that risk and make health a number one priority for drivers.*

### Improve drivers and your business

ClearConnect Solutions and Offshift share a passion for improving the overall well-being of drivers and the organizations that support them. With our program, you can expect enhanced driver mental and physical health—resulting in:

*lower risk, increased productivity, better employment retention, reduced medical expenses and claims, and reduced driver illness and injury.*

Sign up today and start seeing results that improve lives!

[offshift.ai](http://offshift.ai)

