

# You can lose weight on the road

If you only think that marshmallows are for making s'mores around the campfire, you're mistaken. Kay

LeFevre will tell you that marshmallows are a low fat snack that helps you satisfy any sugar cravings. She pops a few in her mouth when she's hungry for something sweet. "I also eat red licorice Twizzlers," she said, "did you know that they don't have any fat in them?"

As a professional driver, Kay was used to running hard and driving until she was tired. Then, she'd shut down for the night, often without eating a decent meal. "I would just run and run," she said, and although she didn't get worn down, she wasn't taking care of herself the way she should.

LeFevre stopped at one of the Roadside Medical clinics ([www.road-sidedmed.com](http://www.road-sidedmed.com)) and was told that her body fat was too high. She decided to take control of her health and get in shape. With the help of Bob Perry and his staff, she learned how to eat more nutritious foods. LeFevre decided to

quit smoking, too, and when she has the urge for a cigarette, she chews on a cinnamon flavored toothpick.



*Kay LeFevre - lost 45 pounds so far*

Although LeFevre is no longer driving coast to coast, she hauls amusement rides for a company that runs along the east coast. She maintains her healthy eating habits and has already lost 45 pounds. She's hoping to lose another forty to fifty pounds and get past the urge to light up. She appreciates the help she gets from Roadside Medical, "Bob Perry has been very supportive and he calls me three or four times a week to encourage me," LeFevre said, "I don't think he has a life!"

When asked for advice that she would give other drivers who are trying to overcome bad habits on the road, she said she tells them, "that freight is not more important than your health," and she added, "you need to find time to think about yourself ... you have to eat healthy."

Kay LeFevre is an example of that attitude, and has proven that you don't need to sacrifice your health just because you're a professional driver.