



HEALTH & WELLNESS – part 1

Truck driving does not typically lend itself to a healthy lifestyle. Driving a truck all day, sleeping in a cab and eating at truck stops can lead a trucker down an unhealthy path. Most driving jobs do not present the best environment for healthy eating and regular exercise. However, there are ways to stay healthy as a trucker that you can easily fit into your day. Drivers must be alert and focused on the roads, which begins with leading a healthy lifestyle.

Healthy Diet ~

- * Eat your fruits and vegetables ... try to eat 5 servings a day. Whole pieces of fruit like apples, oranges, plums and bananas are good choices. Also easy to eat are celery and carrot sticks.
- * DRINK WATER. It boosts your energy, helps you feel full and improves circulation.
- * Choose smaller portions and don't go back for seconds. Eat when you are hungry, not because you are bored.
- * Carry healthy snacks in your truck. Snacks like nuts and protein bars are great choices. Also include a multivitamin in your daily routine.
- * Avoid fast food restaurants whenever possible. If not possible, make healthy choices ... grilled chicken vs. hamburgers, small fries vs. large, water vs. soda. Stay away from fried or breaded options.



Exercise & Fitness ~

- * Walking is easy and can be done practically anywhere. Start out with 15 minute walks 3 times a week and then increase a few minutes each week until you reach a goal of 30 minutes 3-5 times a week. Remember to stretch after walking to maintain flexibility.
- * Carry a jump rope with you ... it takes up little space and can also be done almost everywhere. No jump rope? Try doing 30-40 jumping jacks, gradually increasing in increments of 5 every couple of days.
- * Remember that any activity is better than no activity. Daily physical activity is good for your body, helps to relax your mind, gets your heart rate up, and your blood pumping.

Sleep ~

- * Getting enough sleep is essential to good health. We need sleep to rest and repair our bodies and minds.
- * Avoiding caffeine, nicotine, heavy foods and big meals before bedtime can greatly improve your quality of sleep.
- * You need to get as much sleep as possible in your 10 hours off, preferably 7 to 8 hours.



Howie Rossell

... is the lucky winner of the gift certificate this month for turning in his signed newsletter.

I have read and understand the above information regarding "HEALTH & WELLNESS – part 1".

Signature

Date

We wish you and yours a wonderful holiday and a very happy new year!!

