



KNOW SAFETY!



Road to Healthy Lifestyle Habits

Health and safety go hand in hand. They are learned behaviors and both affect your quality of life on and off the job. Make a commitment to start developing good habits to improve your health. Here are some tips that will help put you on the path to becoming a healthier driver. ***Come on ... get moving!!***

Make healthier eating choices a priority! This is challenging but it can be done! Try and stay away from junk food like potato chips, candy, cookies, etc. and fast food restaurants. These are loaded with sugary calories that do nothing but pile on calories and weight. Try unsalted nuts, low-fat yogurt, low-fat crackers and cheese. Fresh fruit and vegetables are also great options. If you are eating at a restaurant, cut the portion in half for a later meal or eat from the "light" menu and choose grilled options versus fried.

Drink more water!! It helps you feel full, improves circulation, boosts your energy and makes you feel more hydrated. Stay away from soda, which is full of sugar and calories, which can lead to serious health issues and contribute to excessive weight.

Get plenty of rest! You need sleep to rest and repair your body and mind, which is essential to good health. Try to read or work on a puzzle book when you're in the sleeper. This can help keep your mind fit and may also aid in getting better sleep.

Quit smoking! Making an attempt to quit smoking can drastically decrease your risk of heart attacks, strokes and several forms of cancer.

Eat Healthy



Move More



Exercise as much as you can! Walking is a simple and safe way to burn calories and exercise. Even if you only walk for 15 minutes, you will feel energized and focused. You should also stretch when get out of the cab. This will help with stiff muscles and joints and will assist with complete blood flow after long periods of sitting. Remember that any activity is better than no activity.

Living healthy on the road is challenging, but not impossible. Start slow and set 1 or 2 goals and then continue to build on them. ***A healthier driver is a safer driver!***



Rod Clelland

... he was randomly chosen as the winner of the gift certificate this month for turning in his signed newsletter.

On Saturday, February 22nd, we had a company safety meeting with 18 drivers attending. Justin Smoot from Safety Mgmt. Services Company covered several helpful topics, such as hard braking, defensive driving and proper lane changes, just to name a few. We also had a good group question and answer session. We gave away prizes and the lucky winners were ... Dave Costner – 50-in. TV, Kenny Minteer - Sirius Radio w/ 9 mos. subscription, JR Weedman – 24-in. truck TV, Lisa Ellis – Yeti coffee mug, Sam Valley & Jim Flater – duffel bags. Fellow driver, Harry Waddell, also donated buckets of ice melt.

THANK YOU to all who participated in the event!



I have read and understand the above information regarding "Road to Healthier Lifestyle Habits".

Signature _____

Date _____

