



Trucker Wellness

A guide to a healthy
lifestyle on the road

Exercises

Use these travel friendly exercises to remain active on the road. Even when the weather is bad, use the space in your cab to stay active. Include outdoor exercises, if possible.

- There are exercises to target all parts of the body.
- These exercises are perfect to include in your daily routine on the road as you commit to move with meaning.

Each of following exercises uses either an exercise band or a kettlebell weight.

- Exercise bands are a very inexpensive tool to incorporate resistance training into an everyday routine.
- Each kettlebell exercise can be completed with dumbbell weights or any weighted object, such as a milk jug filled with water.

Band squat and row

- Squat down
- Sit back with arms extended
- In squatted position pull band toward waist
- Extend arms and stand up
- Repeat 12 times per set
- Complete three sets total



Single leg step ups

- Step up onto the truck step
- Step down
- Switch legs
- Repeat 12 times per set for each leg
- Complete three sets total for each leg



Stationary lunge

- Stand in a staggered leg stance
- Bend back knee
- Lower yourself down
- Stand back up remaining in position
- Repeat 12 times per set for each leg
- Complete three sets total for each leg



Push up

- Place hands on a stable platform
- Lower chest to platform
- Push back up
- Repeat 12 times per set
- Complete three sets total



Kettle bell swing

- Lower to a squat position
- Keep shoulders back
- Swing kettle bell between legs
- Then swing up to standing position
- Repeat 12 times per set
- Complete three sets total



Band rear fly

- Stand straight up with hands together
- Open arms outward
- Squeezing your shoulder blades together
- Return to starting position
- Repeat 12 times per set
- Complete three sets total



Band chest fly

- Stand straight up with arms out by sides
- Press arms forward and together
- Return to starting position
- Repeat 12 times per set
- Complete three sets total



Kettle bell arm curl

- Holding the kettle bell lift and lower by bending at the elbow
- Curl up toward the shoulder
- Repeat 12 times per set for each side
- Complete three sets total per arm



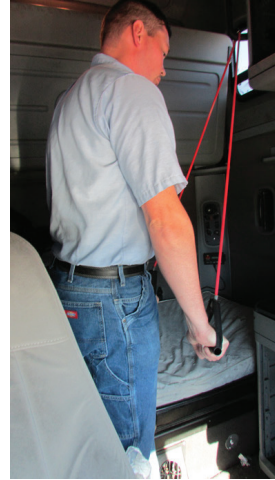
Kettle bell upright row

- Hold kettle bell in both hands
- With elbows up and out pull up to the center of your chest
- Lower back to start
- Repeat 12 times per set
- Complete three sets total



Band Tricep Push Down

- Hook band above your head
- Hold handles with elbows at 90 degrees
- Press down to straighten arms
- Return to starting position
- Repeat 12 times per set
- Complete three sets total



Nutrition

Pack a cooler

While packing a cooler may seem like a task that takes extra time and effort, a few extra minutes of time can provide you with healthy meals and snacks for days! You can always take 15 minutes to re-stock at a nearby grocery store during a break.



Make ahead meal cooler/stock-the-rig fridge

- Tupperware containers filled with meals already made ahead and pre-portioned
- Bags of frozen vegetables to microwave
- Deli sandwich meat (*lean turkey, ham or roast beef*)
- Fresh fruit
- Fresh vegetables (*bags of baby carrots, celery or salad*)
- Dips or dressings



Healthy lunchbox

- Deli or peanut butter sandwich on wheat bread
- Pre-made meal/leftovers in a tupperware container
- One piece of fresh fruit
- One sandwich bag full of veggies (carrots, bell peppers, cauliflower)
- Water bottle



Quick fix cooler

- Pre-made sandwiches
- Whole, easy-to-eat fruits like apples or oranges
- Mozzarella or cheddar cheese cubes/sticks
- Low-fat yogurt or pudding cups



No fridge – no problem! Non-perishable items

- Fruit cups
- Canned fruit
- Canned, “no salt added” vegetables (green beans, carrots, corn)
- Peanut butter
- Wheat bread
- Whole fruits that will last a week or more (apples, oranges, bananas)
- Canned soups
- Popcorn



Healthy and convenient

Eating on the go doesn't have to be unhealthy! Knowing what to look for and where to find it can help you stick with meals that fit into a healthy eating plan.

Choose:

- Tightly salted nuts (*almonds, peanuts, walnuts*)
- Trail mix with nuts and dried fruit (*avoid the items with large amounts of chocolate*)
- Apples
- Oranges
- Bananas
- 100% Fruit Juice
- Low-fat milk (*2%, 1% or skim*)
- String cheese or cheese cubes
- Pre-cut veggies and dip
- Whole grain granola bars
- Coffee (black)
- Unsweetened iced tea
- Beef or turkey jerky
- Bags of baby carrots
- Hard-boiled eggs
- Dried fruit
- Sunflower seeds (*purchase on-the-go versions to curb over-snacking*)
- Bottled water
- Light popcorn
- Whole grain cereal cups (*example: Honey Nut Cheerios*)
- 100% vegetable Juice (*look for "low-sodium"*)



Know your menu words

Words used to describe dishes can tell you a lot about whether a food is a healthy option or a high-calorie treat.

Healthy menu words:

- Grilled
- Steamed
- Sautéed
- Baked
- High fiber
- Poached
- Roasted
- Vinaigrette
- Whole grain
- Whole wheat

Convenient, but not healthy

Look below for options to avoid at the gas station and grocery stores.

Avoid:

- Sugary drinks (*regular pop, fruit punch, sugary coffees or beverages*)
- Donuts, snack cakes, snowballs, cinnamon rolls, cookies
- Hot dogs, taquitos, pizza, pizza rolls
- Frozen/prepackaged burgers and sandwiches
- Pork skins, corn nuts, chips
- Candy bars
- Candies (*gummies, chocolate, lollipops, jelly beans*)
- Fried foods
- Imitation cheese (*cheese cups*)



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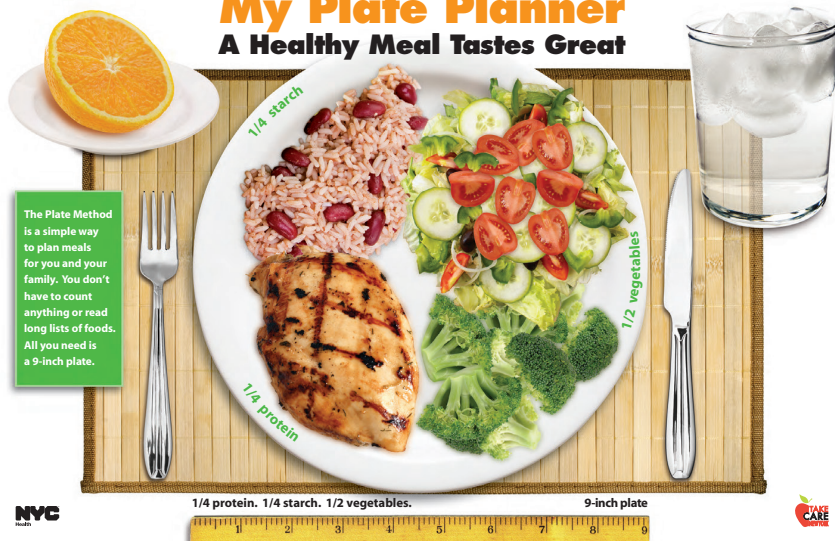
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Not-so-healthy menu words:

- Buttered
- Fried
- Au gratin
- Béarnaise
- Loaded
- Crispy
- Crunchy
- Creamy
- Escalloped
- Smothered
- Basted
- Battered
- Country style
- White sauce

How to use the plate method

My Plate Planner A Healthy Meal Tastes Great



Make half of your plate non-starchy vegetables

Examples: lettuce, broccoli, green beans, cabbage, tomatoes, onions, etc.

This includes vegetables other than potatoes, corn and peas. Non-starchy vegetables have an abundance of nutrients, without extra calories or carbohydrates.



Make one fourth of your plate starchy items

Examples: rice, pasta, potato, peas, corn

These items have more calories and carbohydrates than non-starchy items. They are important for energy, but it's important to use portion control to keep blood sugar in a healthy range.



Make one fourth of your plate protein

Examples: meat, fish, poultry

Proteins are important for muscle health. Choose lean proteins like white meat poultry without skin, pork loin or chops, flank steak or ground beef and fish. Avoid items with bacon, sausage, salami or high fat cuts like t-bone steak.

Better beverage choices



BEST



Water does not contain caffeine, but it is important to stay hydrated to help your body remain alert and awake. Sip on water throughout the day.

Both black coffee and unsweetened iced tea contain caffeine without added sugar or artificial sweeteners!



There are ways to consume caffeine without added sugar. Energy drinks can be purchased in low-calorie and sugarfree versions.



Even a beverage that has nutrients can be unhealthy because of added sugar! Avoid flavored milk, sports drinks and fruit juice cocktails, which have as much sugar as a pop!



Sugary beverages may taste good, but the sugar adds up! Some do not contain any caffeine to help with alertness. Stay away from hot cocoa, cappuccinos or other sweet drinks.



Energy drinks contain large amounts of caffeine and sugar, which can lead to a buzz early on but a sugary "crash" later. Switch to sugar-free versions or opt for a healthier beverage.



Regular pop contains excessive amounts of sugar that causes harm to blood sugar levels. We also drink pop in large quantities. One 12-ounce can of pop contains 8 teaspoons sugar! Can you imagine how much sugar is in a large soda?

WORST

Nutrition timing

Eating on the road is challenging, especially when you're following a non-traditional schedule that requires you to be up all night, up early and sometimes rely on little sleep! Even with these challenges there are steps you can take to improve nutrition on the road.



WAKING

Eat breakfast! You need fuel in the tank to start your day. People who eat breakfast tend to overeat less and weigh less than people who skip breakfast. Even a piece of fruit or a piece of toast with peanut butter can be enough to get you started!



DRIVING

Whether you're driving at night or during the day, you should have a meal at the "middle of your day" no matter what. Eat a "midday" meal, such as a sandwich. Incorporate 1 snack between your mid-day meal and the last meal of the day. Stay hydrated by drinking water. Incorporate controlled sources of caffeine (see page 12) to help you stay awake without overloading on sugar.



SLEEPING

Set yourself up for restful sleep. Eating right before you fall asleep can cause sleep disturbance and weight gain. Finish your last meal or snack 1-2 hours before sleep. Cut yourself off from caffeine several hours before sleep so you do not have trouble falling or staying asleep.

Snacking: good or bad?

Snacking can be a healthy way to curb hunger between meals and provide important nutrition to keep you alert.

Successful snacking:

- Is planned (*eating 1-2 snacks at around the same times each day*)
- Involves healthful foods from the food groups
- Avoids junk foods
- Occurs between meals
- Provides 200 calories or less
- Stops signs of hunger (*stomach growling*), but is significantly smaller than a meal
- **DOES NOT** turn into grazing (*such as snacking throughout the day, all day long*)

Healthy snack ideas:

- 1 string cheese and 1 apple
- ½ cup trail mix and 1 banana
- 3 stalks celery with 2 tablespoons peanut butter
- 1 glass of milk and 1 granola bar
- 2 hard-boiled eggs
- 1 cup sunflower seeds (*with shells*)
- 3 cups light popcorn
- 6 whole grain crackers,
- 2 ounce cheddar cheese slices
- 3 ounces beef jerky and 1 orange
- ½ peanut butter sandwich



Did you think eating healthy is more expensive?

Look below for meal comparisons in terms of price for healthy and unhealthy meals.

UNHEALTHY CHOICES:

Breakfast.....

McDonalds Egg McMuffin Meal

- Egg McMuffin
- Hash brown
- Drink

\$3.19

HEALTHY CHOICES:

- Oatmeal Packet \$0.15
- Two Hard Boiled Eggs \$0.29
- Apple \$0.50

\$0.94

Lunch/dinner.....

- Cheeseburger \$3.69
- French Fries \$1.29
- 20 ounce bottle of pop \$1.50

\$6.48

- Whole-wheat sandwich bread (2 slices) \$0.31
- One serving peanut butter \$0.20
- Low fat cottage cheese \$0.50
- One orange \$0.65
- Water \$0.00

\$1.66

Snacks.....

- Doritos (11 serving bag: \$0.23/serving) \$2.50
- Ice Cream Cone \$1.29
- Donut \$0.89

\$4.68

- Baby Carrots (10 serving bag: \$0.21 per serving) \$2.14
- Single Serving Greek Yogurt \$1.00
- Banana \$0.26

\$3.40



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