

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

CREATED BY
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"THE SOLUTION TO YOUR HEALTH IS AT THE
END OF YOUR FORK" - MARK HYMAN

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Food is such an integral part of our culture. At every turn, food is available and in many cases, expected. From social gatherings to checking out at the hardware store or watching late night tv with the newest junk food close by. With food being ever present, it's necessary to understand and internalize the belief that whatever is put into the body directly impacts how one feels and is able to respond to situations, which is directly linked to an individual's health. The food being consumed is either health promoting or health demoting. With each bite, you get to choose.

Now imagine the body as a spiderweb, no matter where the web is touched, the entire web wiggles. This is the same when choosing food. If the food consumed is nutrient deficient then the hormonal system will be deficient. If the hormonal system is deficient then the nervous system is impaired too. When the nervous system is impaired, the brain doesn't function optimally. This leaves the individual with a range of issues; brain fog, mental and emotional stress, disturbed sleep, overreacting towards other drivers, etc. It all starts with nutrition.

FOOD IS THE FIRST FORM OF HEALTHCARE

Every cell in the body turns over at least once every year, if not every day. Do you want cells to be made of McDonald's BigMacs or of sweet potatoes and grass-finished beef? Ultimately, the decision to be healthy resides at the end of the fork. While this may seem daunting, start small and make conscious choices.

A 1% change each day is all it takes. Over the course of an entire year these changes compound and add up to unimaginable results. If overweight, obese, or unhealthy, nutrition should be the first pillar of health addressed..

Adhere to the steps outlined each month to literally and figuratively become an entirely new person!

PERSONAL STORY

THE MAN BEHIND KUHLEFIT



NICK KUHLE

In my personal story, I had a history of eating foods that were not right for my body. At 25 years old, these habits caught up with me as I started to become constipated. One day without a bowel movement led to two days without a bowel movement and before too long I was going upwards of four days without a bowel movement. I never considered this would be tied to nutrition, so continued with my eating habits. Medical grade laxatives slowly began to lose their effectiveness while my testosterone dropped to levels seen in an 85 year old man. I couldn't maintain an erection, had horrible smelling gas, remained bloated, and only wanted to lay around. I had zero energy to sustain focus on any task. I chose the wrong foods. What are you choosing?

WHERE TO BEGIN...

I promote eating REAL FOODS; anything picked, pulled, caught, or slaughtered and minimally processed. If the food is processed in a home kitchen then it's ok in my eyes.

S.A.D.

The Standard American Diet (SAD) is exactly that, SAD. It doesn't lend itself to improving anyone's vitality. The diet promotes eating processed grains, fortified foods, pasteurized and homogenized dairy products, and the use of highly processed oils. The consumption of these items have led to severe health issues.

Awareness Exercise

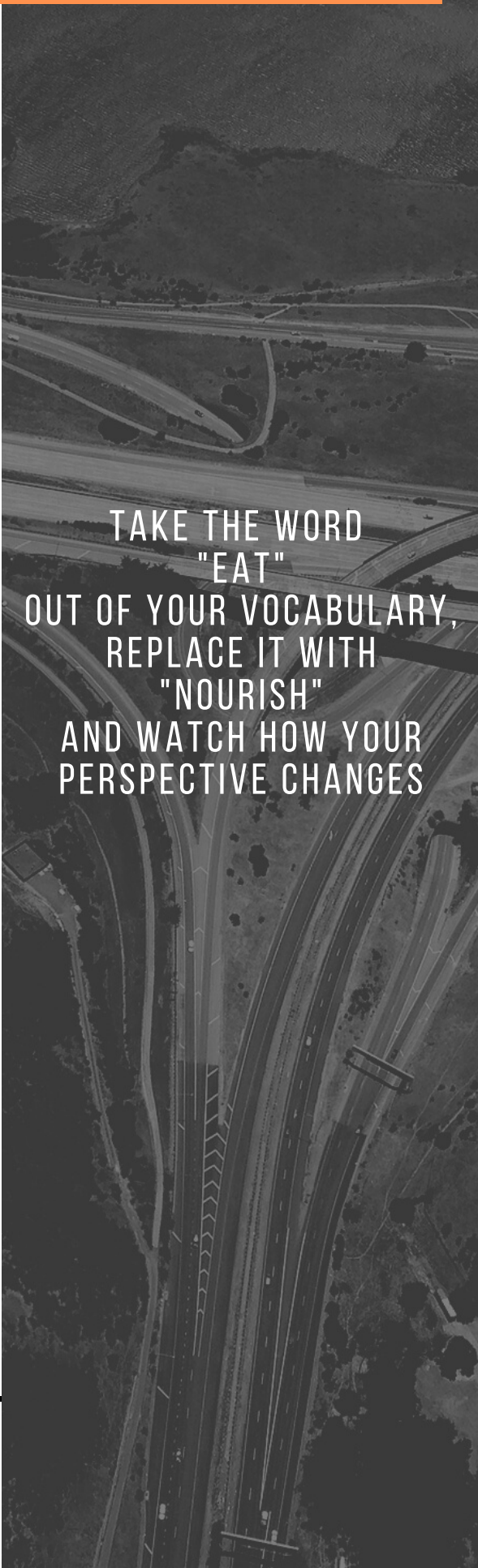
Awareness is the key to change. Identifying how often, when and what food choices are being consumed is an excellent starting point. Split a piece of paper in half lengthwise with the left column labeled "healthy food choices" and the right, "unhealthy food choices." Over the course of 1-3 days identify all the foods consumed as either "healthy" or "unhealthy" and mark them accordingly. Ideally, 80% of the foods consumed should be listed in the healthy column with only 20% listed in the right column. Most individuals are unconscious of the large amounts of disease producing foods they're consuming that stem from the "unhealthy" column.

Healthy Food Choices.

Foods that do not require an ingredient list: apples, hard-boiled eggs, raw vegetables, raw nuts and seeds, water, unsweetened tea, etc.

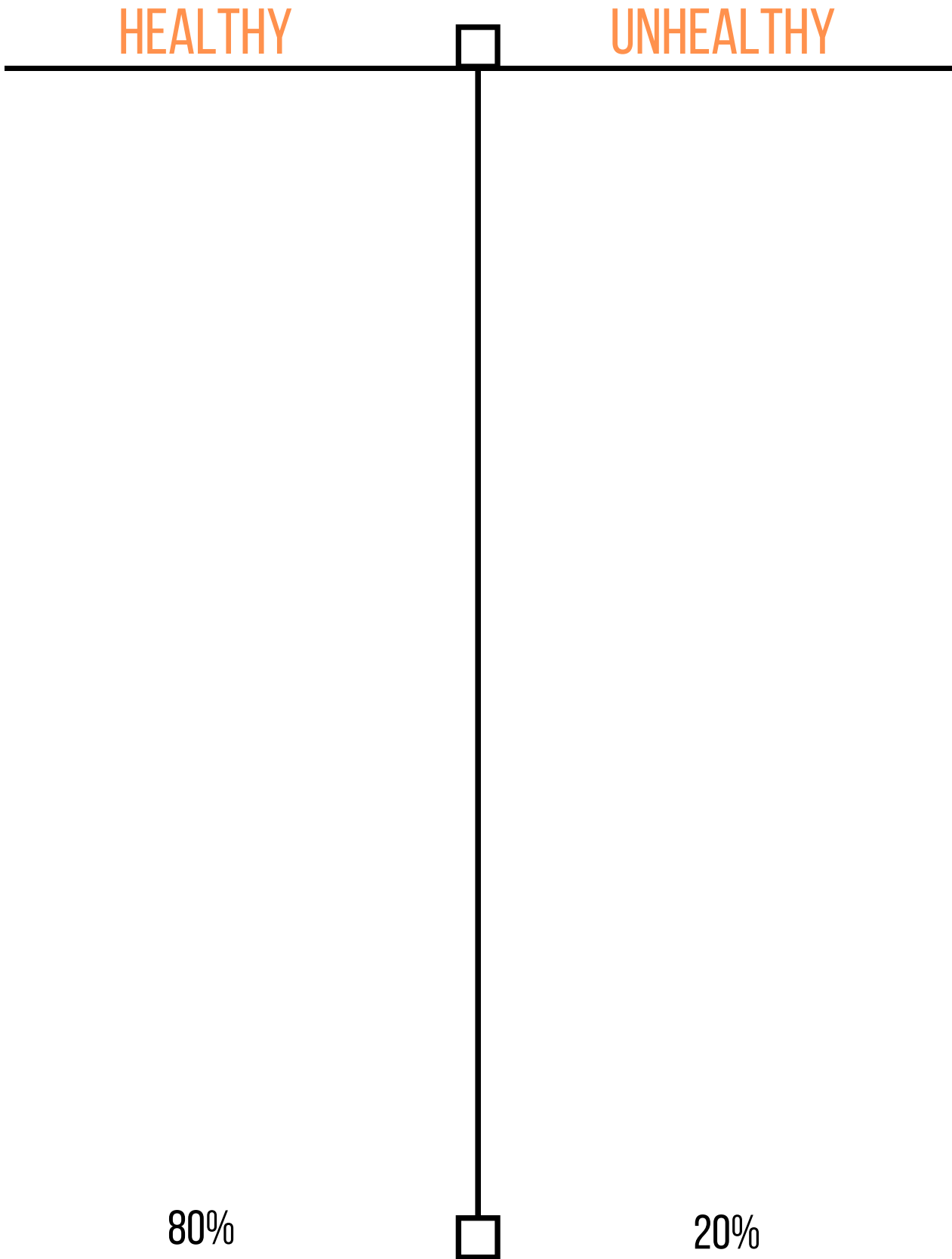
Unhealthy Food Choices

Foods that generally come in wrappers and have a large list of ingredients: donuts, chips, cheese and crackers, pizza, hotdogs, etc.

An aerial, black and white photograph of a complex highway interchange with multiple overpasses and ramps. The image is used as a background for a text overlay.

TAKE THE WORD
"EAT"
OUT OF YOUR VOCABULARY,
REPLACE IT WITH
"NOURISH"
AND WATCH HOW YOUR
PERSPECTIVE CHANGES

AWARENESS EXERCISE



HEALTHIER SNACKS ON THE ROAD

While it can be difficult to eat on the road, there are a range of options available that can support healthy eating. See below.

Unhealthy Choices

Fountain Pop

Candy Bar

Chips

Pastries

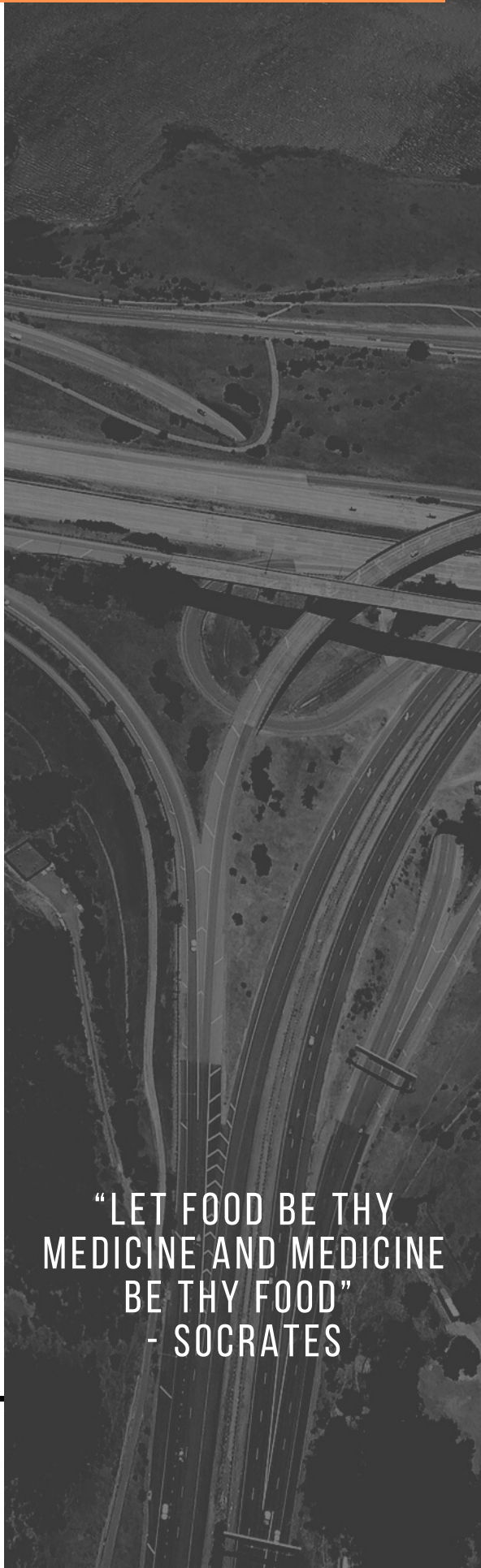
Healthier Alternatives

- Water
- Unsweetened Teas
- Bai Flavored Water
- La Croix or Zevia Pop

- SkinnyPop Popcorn
- Beef Jerky
- Raw Nuts and Seeds

- Raw/Cooked Vegetables
- Raw Fruit

- Overnight Oats
- Banana Oatmeal Cookies

An aerial, black and white photograph of a complex highway interchange with multiple overpasses and ramps. The image is used as a background for the bottom right section of the page.

“LET FOOD BE THY
MEDICINE AND MEDICINE
BE THY FOOD”
- SOCRATES

OPTIMIZE YOUR HEALTH 2.0!

Purchase and consume certified organic fruits and vegetables and watch your health get restored even quicker!

When eating foods from commercially raised farms, the chemicals which are sprayed on the soils and plants will also be consumed. If that's not bad enough, these chemicals also deteriorate the health of the soil. Nutrient deficient soils lead to nutrient deficient plants. It's these plants that are then sold at the local grocery stores. Certified organic produce are grown in nutrient rich soils resulting in higher quality foods. Choosing these foods will yield large returns on one's health.

A Few Tips When Purchasing Food

1. The longer the shelf life, generally the worse the food is for you.
2. If there's a commercial for it, don't buy it. I've never seen a commercial promoting carrots. However commercials for Doritos, Coca Cola, Lays, Twinkies, etc. are everywhere.
3. If the food was not around 500 years ago, don't eat it.
4. If the food doesn't perish, stay away from it

Start now!

1. Purchase the majority of your foods with NO LABELS.
 - a. Carrots, apples, potatoes, lettuce, etc.
 - b. This will take some time meal prepping while on the road which we'll discuss later
2. Hydrate daily. Consume half your body weight in ounces each day.
3. Switch unhealthy meals or snacks for healthier ones.
 - a. Start small with one meal or one snack and continue this until you reach 80% healthy choices.

An aerial, black and white photograph of a complex highway interchange with multiple overpasses and ramps. The image is used as a background for a quote.

"PAY THE FARMER NOW
OR THE DOCTOR LATER"
- UNKNOWN