

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

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IS EXERCISING A TOP PRIORITY FOR ME?

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TO WORKOUT OR NOT, THAT IS THE QUESTION.

When most people look to get healthy, in shape, feel good, and optimize their personal health the focus is only on two categories: nutrition and working out. We've already discussed the importance of nutrition. The major takeaways bear repeating and are listed below.

Focus on high quality, organic foods (local, if possible) 80% of the time. Opt for whole foods in their natural state as the majority nutritional intake. Feel free to fill up on these foods and eat as much as desired. Avoid dairy, processed salt, processed flour, and sugar. Very few people do well with these foods. Hydration is key. Drink half your body weight in ounces each day.

HERE'S WHERE I DISAGREE

With the majority of people, I do NOT believe that exercise should be on the top of the "to-do" list for those trying to maximize their health. By nature, working out is catabolic, meaning it's stressful on the physiology of an already stressed out body. This holds especially true for individuals who are obese, suffer from chronic ailments, or autoimmune disorders.

The additional stress caused by exercise can be even more detrimental to their overall health and well-being. The vast majority of people who need to maximize their health would do far better by focusing on nutrition, hydration, and sleep; all of which can be anabolic in nature. Anabolic meaning growth and repair, the exact process needed when one is sick, exhausted and struggling with their health. Going to the gym and working out for an hour can do more harm than good.

YOUR TOP FOCUS



Through my coaching, I have witnessed greater weight loss in individuals who have worked out less and ate more food via whole foods than those individuals who hit the gym 5-7 days per week and consistently count calories. If weight loss is a concern, then proper eating, sleeping, and hydration should be the focus. If committed, these three things alone will drastically improve your health.

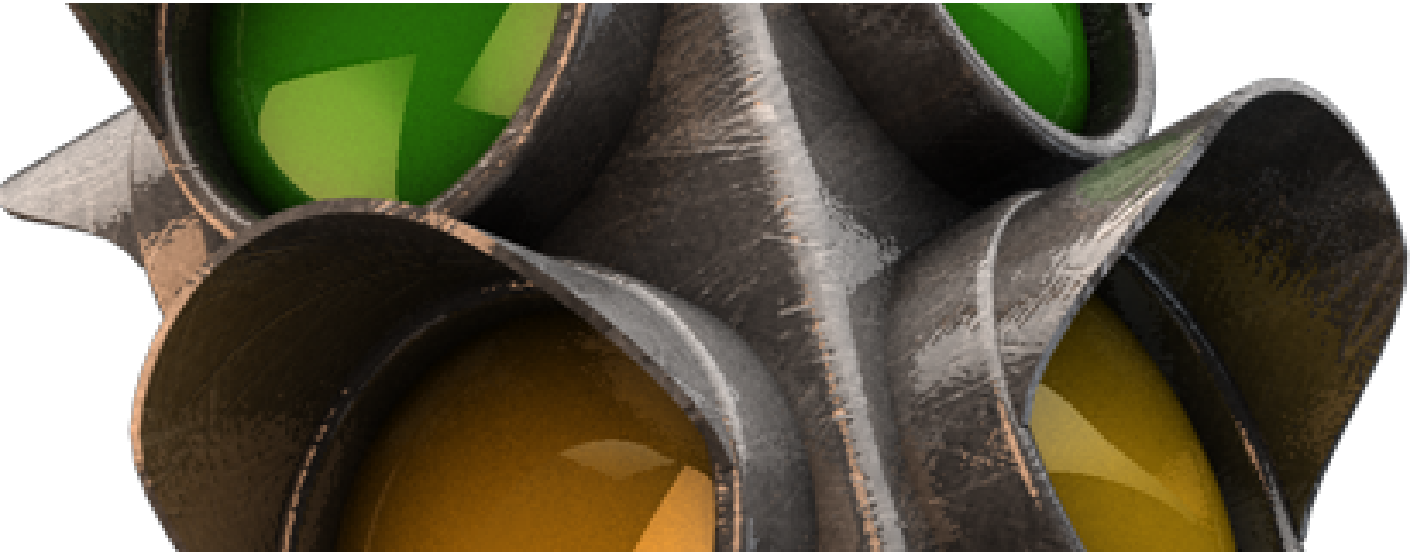
Understand with this change comes a lot of ebbs and flows, highs and lows, a few steps forward and then a couple steps back. As long as you can slowly continue to move in the correct direction, whether that's in a linear fashion or not, you will see results.

Based on individual assessments, my clients receive a ranking of green, yellow, or red which indicates their physiological load (bodily stress) and what type of exercises they can actively participate in that will improve their health while doing no harm.

Anyone interested in this free assessment and further analysis, please email me at KuhleFit@gmail.com.

The assessment is approximately 5 minutes in length and will provide information about stress loads which will help in providing direction to overall health and wellness.

GREEN - YELLOW - RED



Green: You are golden. Feel free to perform any type of exercise desired. Marathons, climbing mountains, rowing, sprints, weight lifting, CrossFit, etc. All other aspects of health are in order and the additional stress created from the workouts will not hinder your body's overall performance, health, and well-being.

Yellow: This ranking can be tricky as it is unclear whether stress is rising towards the red level or lowering towards green level. So to err on the side of caution, I recommend that clients engage in strength training exercises where rest is automatic, like strength training, not endurance running.. Other great options include water based workouts, yoga, tai-chi, total gym, and the Swiss ball workouts. Stay away from high intensity interval training such as Orange Theory, CrossFit, P90X, etc.

Red: This is the cautionary ranking. Anyone with this ranking should refrain from workouts that can add any additional stress to the body. The body is already burnt out and crying for rest. The best way to help is with low impact, naturalistic exercise that may occur in day to day life. Consider practicing yoga or tai-chi, walking, meditation, cycling, dancing, gardening, swimming, or stretching. These will help restore the natural energy without causing further stress or strain.

FITNESS PER COLOR

Where to start:

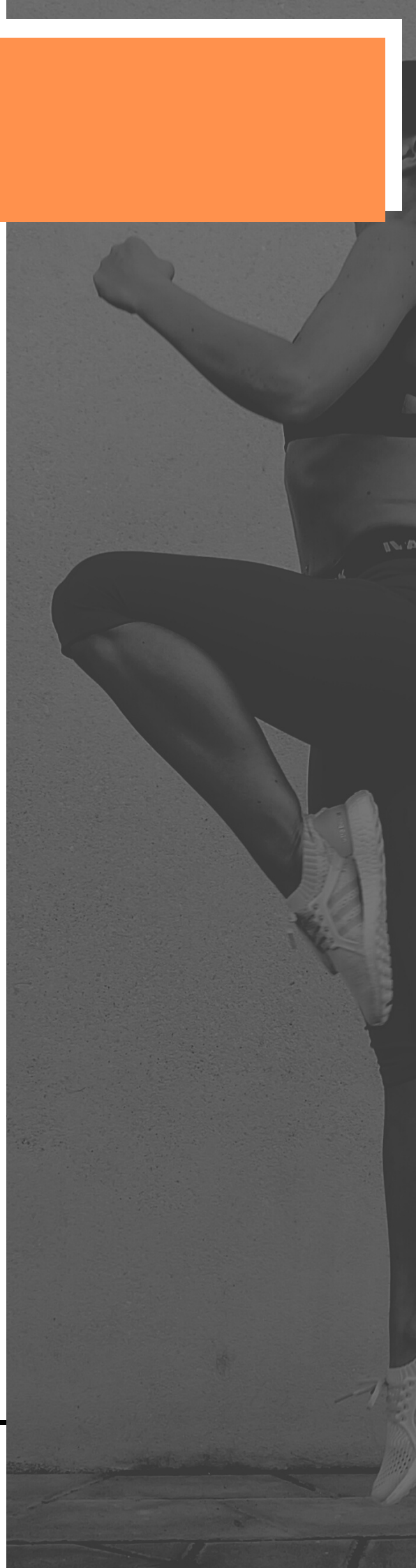
Again, I've had numerous clients who worked out 6-7 days a week, ate "healthy" and still gained weight. Once they changed their diet to whole foods, slept 8 hours a night, and addressed flawed exercise plans, each client has lost weight, felt lighter, and has an overall improved well-being.

Below is a list of several "workouts" that can be completed while on the road to help maintain a healthy and vibrant life.

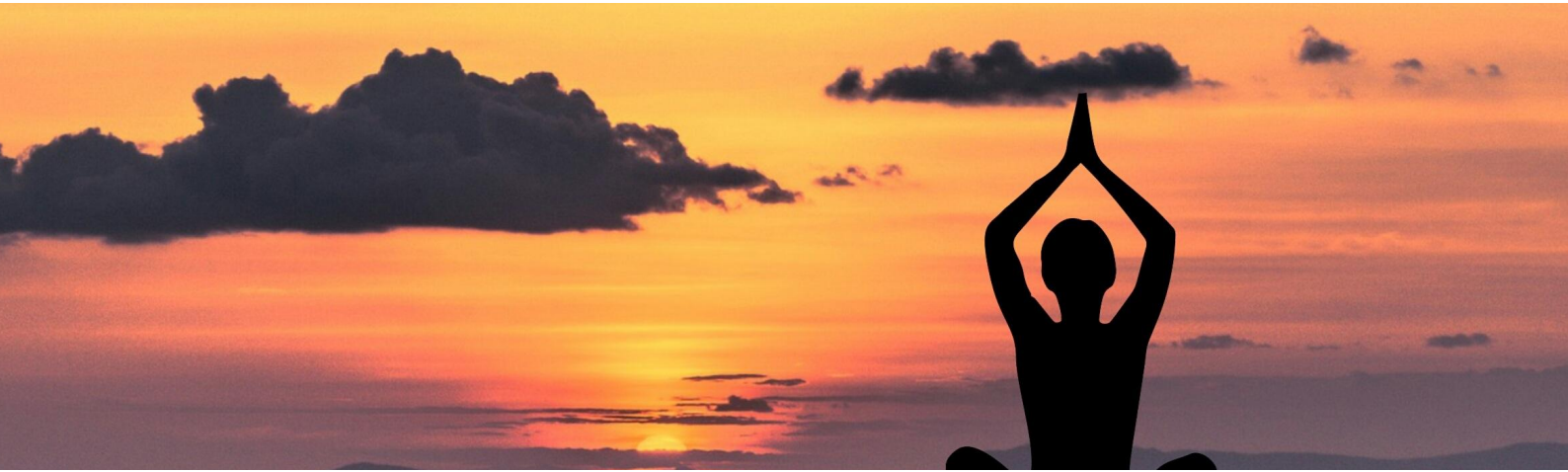
Green: Kettlebell and free weight training. Sprints and CrossFit style workouts. A simple google search will yield many workouts.

Yellow: All the above at a CONTROLLED pace meaning you are not close to being out of breath. You can workout with nasal only workouts (breathing in and out through only your nose). Jumping rope between shipments or going for a jog.

Red: Breath work (box breathing or walking meditation, walks, stretching, working-in exercises, tai chi, or cycling if a bike is available. Or any of the options on the next page.



ADDITIONAL RESOURCES



YOGA

Yoga with Adriene - [30 Days of Yoga](#)

Guided Meditation

Alan Watts - [Awakening the Mind](#)

Bob Proctor - [Abundance, Love and Happiness](#)

Paul Chek - [How to Calm Your Mind](#)

Tai-Chi

[Zen Swings](#) - GREAT STARTING PLACE!

[Energy Push](#)

[Stork Walk](#)

Mobility Work

[MobilityWOD](#)

Breath Work

[Guided Breathing](#)

[Box Breathing](#)