

# TRUCKER SERVICE ASSOCIATION

**LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN**

**"10 MINUTES OF DAILY  
MOVEMENT"**

**September 2021**

**KUHLEFIT**  
RENEW YOUR VITALITY



# LET'S TAKE A STEP...

Back from nutrition. Even though I believe nutrition is the biggest piece to improving one's health, this month's focus will be on increasing movement throughout the day. Sitting all day long creates a sedentary lifestyle which has only become widespread in recent decades. "Sitting is the new smoking," claimed the Huffington post back in 2014. Fast forward almost another decade, and it seems to only be getting worse. I won't bog you down with all the negative side effects of sitting, but many are common knowledge: obesity, heart disease, diabetes, etc.

Below are short and sweet workouts that can be completed at virtually anytime at any stop to ensure you're getting adequate movement throughout the day. Stopping to get food? Complete a 10 minute workout first. Filling up on gas? Complete a 10 minute workout while pumping gas. Mandatory breaks from the DOT? Complete a 10 minute workout.

# ALL WORKOUTS...

Are 10 minutes or less that will allow you to MOVE your body, get active, and hopefully break a sweat. If at any point they are too challenging, simply going for a (brisk) walk or cutting each workout in half will suffice until you feel more comfortable completing the entire workout. If you feel they're too easy, even better! Increase the intensity by doubling the workout. The invitation here is to reduce our sedentary behavior by moving more! It's literally that simple - move your body.

In order to complete these workouts you'll need two pieces of equipment: A jump rope--which can be bought [HERE](#) for \$3 and resistant band(s)--which can be bought [HERE](#) for \$10. Each of these items can be stored in your glove box, taking up minimal room.

If for any reason you don't want to purchase the equipment, substitute jumping jacks or a jog for jump rope. Instead of doing banded curl and press, you can use a lunch box or a small cooler as weights. Allow your imagination to flourish!

# WORKOUT #1

## 10 minutes total

**Jump Rope** - 2 minutes

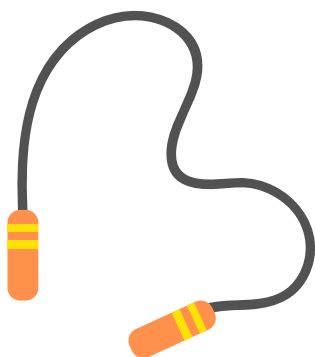
**Lunges or squats** - 2 minutes

**Jump Rope** - 2 minutes

**Push ups** - 2 minutes

**Jump Rope** - 2 minutes

Set a timer and get started. Try and move the entire 10 minutes even if you have to go at a slower pace.





# WORKOUT #2

## 10 minutes total

**Jumping Jacks - 50**

**Band Curl and Press - 20 reps**

**Jumping Jacks - 50 reps**

**Band Curl and Press - 30 reps**

**Jumping Jacks - 50 reps**

**Band Curl and Press - 20 Reps**

**Jumping Jacks - 50 Reps**

Set a timer and get started. Record your time and see if you can beat your previous record.

# WORKOUT #3

**10 minutes total**

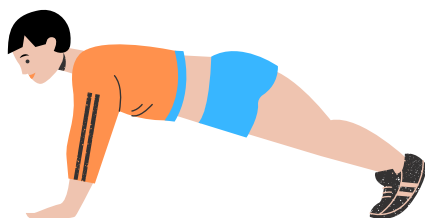
**Complete 3-5 rounds of:**

**Banded pull aparts - 30 reps**

**Lunges - 20 reps**

**Push ups - 10 reps**

Set a timer and get started. Record your time and see if you can beat your previous record.



# WORKOUT #4

**10 minutes total**

**Complete 2 rounds of:**

**Jump Rope - 1 minute**

**Jumping Jacks - 1 minute**

**Jog/Run - 1 minute**

**High Knees - 1 minute**

**Rest - 1 minute**

**Repeat**

Set a timer and get started. Try move the entire 10 minutes even if you have to go at a slower pace.

# WORKOUT #5

**10 minutes total**

**Complete 50 or 100 lunges as fast as you can.**

**\*Every minute stop and complete 3 burpees\***

Set a timer and get started. Record your time and see if you can beat your previous record.





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