

TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

"3 HACKS TO LOSE WEIGHT,
IMPROVE HEALTH, AND
REDUCE STRESS"

November 2021

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RENEW YOUR VITALITY



3 HEALTH HACKS

Blood pressure, diabetes, and excess weight are some of the major contributing factors to truckers not meeting the requirements for maintaining their licenses. The discussion around nutrition, sleep, movement, breathing and stress have all been addressed in the previous months. If you need a quick review, feel free to go back and get a better understanding of those principles as they play a vital role in your health journey. This month's focus will be on some smaller unique approaches, "health hacks", that can help move the needle of health forward.

Yes, these health hacks are great and extremely beneficial, but they are supplementary to the basics we've covered previously. If you're looking at implementing these without paying attention to the previously discussed topics, it'd be analogous to using golden nails to build a boat out of driftwood. Those golden nails will look gorgeous and help hold the boat together, but you'd be better off focusing on better foundational material to keep your boat afloat long term.

Below are 3 top health hacks that can be completed virtually anywhere and are easy to implement.

STRIKE-STROLL-SHIVER

This is a 1-2-3 approach that helps with fat loss and keeps it at bay. It can be used by virtually anyone at any time.

Strike: This step isn't necessary, but can help give you an extra little fat burning bonus. Strike up the flames on your oven and brew yourself a cup of hot coffee (black) or drink some green tea. These will help mobilize fatty acids and increase one's metabolic rate slightly. There's one MAIN rule here. You cannot have calories with your coffee or green tea. Which means no adding sugar, creamer, or any type of butter. You are welcome to use cinnamon or cayenne if you'd like added taste and an enhanced effect.



Stroll: This is the major part of this 1-2-3 approach, and it's completed before you do anything in the morning. Before you have coffee, before you do any work, before you jump into the rig or answer any emails. Go take a 10-30 minute brisk walk, try a light yoga session, a bike ride, walking the dog or leisure swim. It has to be light and easy that doesn't drain you for the day ahead.

Shiver: After you've completed steps 1 and 2, step 3 requires you to take advantage of the cold. Try taking a 2-10 minute cold shower, cold bath, a cold dip into a pond or whatever you have available. If a cold shower or bath seems too intense, try a hot/cold shower where you rotate back and forth every 30-60s between hot and cold. This step helps reduce white inflammatory fat.

For more information on this approach - Ben Greenfield discusses it thoroughly in his book, Boundless.

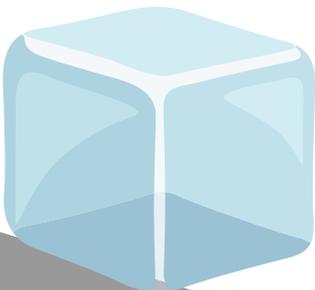


COLD SHOWERS

This technique is more mental than anything. It's the simple act of gradually increasing your body to the cold via showers, baths, ponds, or similar. Cold exposure has been shown to improve a host of health benefits: Reduces muscle soreness from workouts, improves mood/brain function, improves the immune system, and aids in fat loss.

You will likely find that your body craves the cold while your mind may not want anything to do with it. Hence, why we start slow and gradually build up. You may also notice that by doing this in the AM you get a great boost of energy and clarity. You may also notice that by doing this in the PM your sleep improves.

Below is a 5 week cold shower guide.



COLD SHOWERS

Week 1: End the shower with 30 seconds of cold water--as cold as you can tolerate--for 30 seconds. You may start off as warm as you'd like

Week 2: End the shower with 60 seconds cold water--as cold as you can tolerate--for 60 seconds. You may start off as warm as you'd like

Week 3: Start and end the shower with 60 seconds of cold exposure. Between the cold bursts, feel free to use warm water.

Week 4: Alternating between hot and cold every 30-60 seconds of your shower while ending with the last minute of cold water.

Week 5: 5 minute cold shower, start to finish.

For more information on this approach - Wim Hof discusses it thoroughly in his online program.

INTERMITTENT FASTING

Is the act of restricting the times in which you are eating. The basic layout for this is to only eat during an 8-10 hour window and allow the body to be in a “fasted” state for 14-16 hours. This approach is great because it only sets a requirement around when you can and cannot eat which helps people to not over consume food/calories throughout the day. It can improve hormone levels, sleep, weight loss, mood and energy as well making one more metabolically flexible (the ability of the body to utilize both fats and carbs as energy sources).

A few recommendations on setting the time frame window: Wait to eat your first meal until after you’ve been up for at least an hour and avoid eating the last 2 hours before bed. Other than that, feel free to set up your 8-10 hour feeding window somewhere within those parameters, and enjoy the benefits of intermittent fasting.

For more information on this approach - Andrew Huberman has a great podcast on this topic.
Click here - [Huberman Lab](#)

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CREATED BY
NICK KUHLE
HOLISTIC HEALTH COACH
WWW.KUHLEFIT.COM

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