



# **TRUCKER** **SERVICE** **ASSOCIATION**

 **LIVE HEALTHY  
DRIVER HEALTH** 

## **"TOP 3 HEALTH MYTHS"**

**March 2022**

**KUHLEFIT**  
RENEW YOUR VITALITY



# ABS - SALT - EXERCISE

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## TOP 3 MYTHS

Since many of us were kids, we've been told over and over about these myths that it may come as shock learning a different perspective. One of the best lessons I've learned is to never believe anything someone says, instead, put it in practice and see for yourself first hand. With that being said, I've seen all of these myths below proven wrong numerous times within my coaching experience. I want to pass them along for you to implement and try for yourself and see if these land as fact or fiction.

## RECOMMENDED READING

There are two books that I suggest reading or purchasing on Audible to dive even deeper into the topics I'm about to discuss.

1. *How to Eat, Move, and Be Healthy* - Paul Chek
2. *Your Body's Many Cries For Water* - F. Batmanghelidj, M.D.

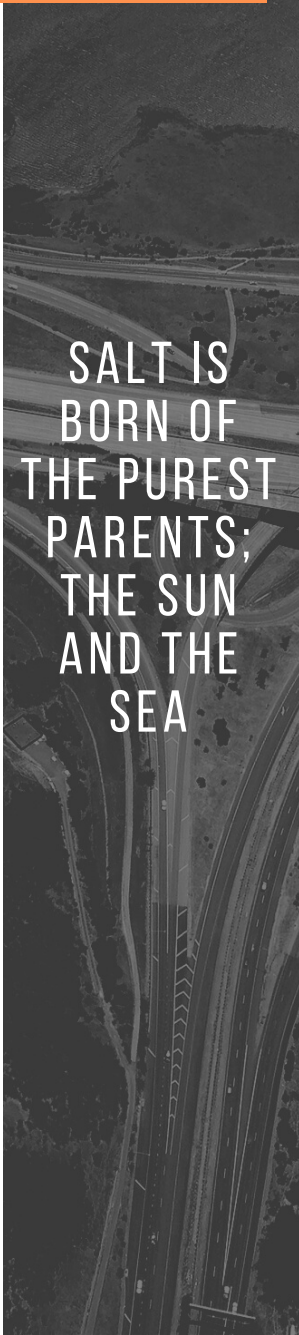
# MYTH #1: SALT IS BAD!

This myth has been around as long as I've been alive. This myth stems from the belief that salt, an overconsumption, leads to high blood pressure and a possible increase in heart disease. I'm not arguing this to be faulty, as there are copious amounts of study to point this to be true. The big difference is in the QUALITY of salt they are using. The vast majority of these studies are using refined salt and not using quality, natural and unprocessed sea salts.

Table salt, the white processed salt that you will most definitely come across in any restaurant you dine at, is processed and stripped of its beneficial components of minerals that should accompany the product. Good quality sea salt, in general, should not be white. You'll typically find them in hues of pink and gray, hosting upwards of 75 extra minerals and trace minerals; all of which are important for the body to function at an optimal state.

Am I saying use sea salt on everything?! No! Every individual is highly unique and some will tolerate more salt than others. A simple replacement of white table salt with sea salt can be one of the simplest changes one can make to start optimizing their health.

Dr. Batmanghelidj, M.D. wrote in his book, *"Your Body's Many Cries For Water"* a heading labeled "A salt free diet is utterly stupid." He goes on to recommend adding a tiny pinch of sea salt to individuals water. He recommends for every two quarts of water someone drinks a day they should add a half a teaspoon of unrefined quality sea salt to their diet. To learn more about this, I highly recommend purchasing his book and diving into the topic yourself!

An aerial photograph of a complex highway interchange with multiple lanes and overpasses. A road sign is visible on the right side of the interchange. The image is in grayscale and serves as a background for the text on the right side of the page.

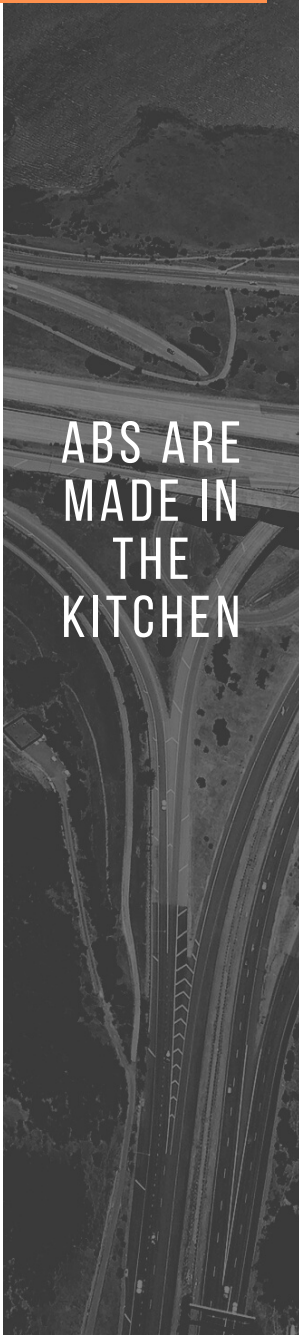
SALT IS  
BORN OF  
THE PUREST  
PARENTS;  
THE SUN  
AND THE  
SEA

## MYTH #2: CRUNCH YOUR WAY TO FLAT ABS!

You can turn on your TV and stumble across a handful of infomercials. Most will claim they have a new piece of fitness equipment that will transform the way you look in as little as 20 minutes by a day doing a bunch of different styles of crunches. This not only sounds amazing as it is but it's about as far false as one can get. Save your money and ditch these marketing gimmicks. When it comes to creating a flat stomach it has less than 5% to do with the actual exercise itself.

A flat stomach is made in the kitchen! Plain and simple. Said differently, you cannot out-exercise a bad diet. It doesn't matter how strong, how ripped, or toned your stomach is because if you have thick layers of fat lying overtop of them - no one will be able to see all the time and effort you put into crunching your way to the same stomach you had prior to buying the piece of fitness equipment.

To recap, save your money on any of these marketing gimmicks and secondly, I highly recommend skipping crunches for the vast majority of individuals out there. We live in a sedentary world and most individuals tend to sit all day. This poor posture of slouching, shoulders rounding forward and head jutting forward actually sets you up for short and tight abdominals which creates large amounts of dysfunction within the body. It can create dysfunctional breathing patterns which can lead itself to stress out and up regulated individuals along with higher blood pressure. It'll create muscle imbalances and can lead to low back pain. Skip the ab crunches and spend that time creating healthy meals in the kitchen.

An aerial, high-angle photograph of a complex highway interchange with multiple overpasses and ramps. The image is in grayscale and serves as a background for the text on the right side of the page.

ABS ARE  
MADE IN  
THE  
KITCHEN



## MYTH #3: EXERCISING FOR 1+ HOURS DAILY

Exercising and movement are key for living a healthy and long life - there's no debating that statement. However, there are many trends and extremes out there that can actually do more harm than good, especially for those individuals just getting started. I have found with my coaching that most people tend to put a focus on exercise first when looking to improve their health.

I highly recommend making exercise the last focus when looking to optimize one's health. A couple reasons are as follow; you cannot out exercise a bad diet. If you are eating unhealthy foods, it doesn't matter how much exercise you're doing. When people are unhealthy, their body is highly stressed out and adding strenuous exercise to the mix can continue to burden their glands, organs, and add even more stress to a system that's not well suited to handle the extra stress.

Rest, recovery, nutrition and movement are KEY. Prioritize healthy eating (see previous write-ups for the easiest ways to start your health journey). Make sure you're allowing the body time to rest, recover, detoxify and repair via sleep! Lastly, notice how I said "movement" and not "exercise." Aim for moving your body via hikes, walks, tai chi, yoga, leisure bike rides, etc. to provide the body with movement that's conducive to recovering and adding little to any stress to the body while capitalizing on all the beautiful benefits of movement.



MOVEMENT  
IS THE  
ESSENCE OF  
LIFE

# KEY TAKEAWAYS

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## KEY TAKEAWAY #1

Replace table salt with high quality sea salt like Redmonds or Celtic Sea Salt.

- [REDMONDS SEA SALT](#)
- [CELTIC SEA SALT](#)

## KEY TAKEAWAY #2

Ditch the crunches and situps and spend that time creating nourishing meals.

## KEY TAKEAWAY #3

Apply daily movement to your life, create a priority around sleep, and nourish the body with quality foods to optimize your health!

The background of the entire graphic is a faded image of a white Volvo truck parked on a road. In the lower-left foreground, a man with short brown hair, wearing a grey suit jacket over a light blue shirt, stands with his arms crossed and a smile. The text is overlaid on the top half of the image.

# TRUCKER SERVICE ASSOCIATION

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