



TRUCKER **SERVICE** **ASSOCIATION**

 **LIVE HEALTHY
DRIVER HEALTH** 

"TOP 5 PIT STOP TO-DO'S"

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KUHLEFIT
RENEW YOUR VITALITY



YOUR PIT STOP 5-STEP GUIDE TO HEALTH

You've been steadily going on the road for the last 5 hours and your tank is getting eerily close to empty. You pull off at the next truck stop to refill, use the restroom, stretch your legs, and grab a bite to eat. This scenario is a daily occurrence for the average on-the-road driver and may not come off as anything spectacular or powerful. But, if used correctly, this mundane event can be turned into an opportunity to reap enormous benefits to your overall health, weight, blood pressure and energy levels. This is what we'll dive into today: The top 5 "Need To-Do" items when filling up.

If you can be consistent with these 5 simple steps, the payoffs will be like a snowball rolling downhill, gaining momentum, speed, and impact! The tiny wins that you gain at the start will not even compare to after 3 months of consistency! Your energy levels will be much higher, your concentration on the road will be far better, your irritability will be lower, and your outlook on life will greatly improve.

Below I'm going to lay out the top 5 steps I'd recommend completing at each stop to take your health and longevity to the next level. Buckle in and see what you can start implementing today. If a step seems out of place for you, adjust and accommodate for your specific situation.

Pit-Stop To-Do's

1. Hydrate
2. Stretch
3. Brisk walk
4. Cold Shower (if applicable)
5. Snack/meal for the road

STEP 1: HYDRATE

Hydrate with water.

No sports drinks, pops, sodas, or teas – just plain water. Many of these alternatives to water actually have dehydrating agents in them which unknowingly creates more of an imbalance within your body. We know being adequately hydrated leads to better mental and emotional states and provides a large energy boost to the individual; both of which are vital when driving an 18-wheeler! The other caveat to drinking solely water is there's no caffeine in water (or shouldn't be). Many companies put way more caffeine in their drinks than are needed and these act as irritants on the kidneys and can actually make the need to use the restroom more frequent causing you to need to stop more often. Even if it's only a few more drinks of pure water or a small bottle, all are wins!

Takeaway: Drink pure water!



STEP 2: STRETCH

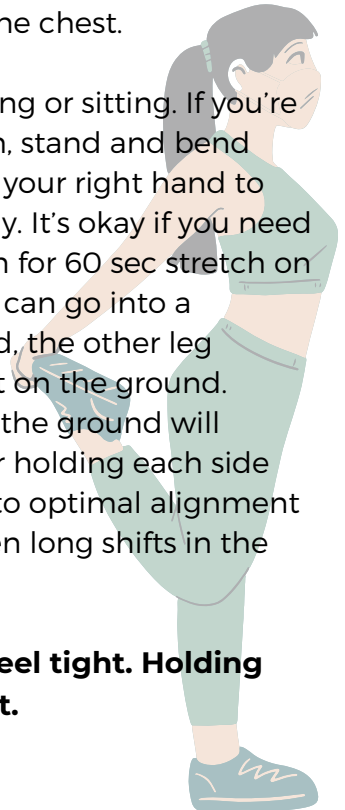
Stretch as soon as you get out of your vehicle. Sitting for extended periods of time can have a catastrophic effect on the body. We have not evolved to be sedentary for long stretches of the day. Using the time while you're pumping gas to stretch can be a great allotment of time to lengthen those short and tight muscles. I'd personally recommend doing any type of stretch that "opens" the body up, up out of the fetal position. Sitting pulls your body more into a curled up (fetal) position so the goal of stretching is to undo that by extending the body.

Two examples may be the **chest stretch** or **quad stretch**.

Perform the chest stretch by standing tall and leaning back with arms wide open to stretch through the chest.

You can do the quad stretch either standing or sitting. If you're able to perform the standing quad stretch, stand and bend your right knee and then reach back with your right hand to grab your same side foot behind your body. It's okay if you need to balance yourself against your truck. Aim for 60 sec stretch on each side. If you're unable to balance, you can go into a kneeling position (one knee on the ground, the other leg forward, bent at a 90° angle with your foot on the ground. Squeezing the glute of the knee that's on the ground will stretch the same side quad. Again, aim for holding each side for 60 seconds. Let's get the body back into optimal alignment where it thrives best by stretching between long shifts in the truck.

Takeaway: Stretch any muscle(s) that feel tight. Holding stretches for 30-60 seconds is sufficient.



STEP 3: BRISK WALK

Walking is one of the best activities for anyone. If time is allotted, go for a 5-10 min brisk walk to provide MOVEMENT for the body. As previously mentioned, we're not meant to be sedentary. The body thrives off of movement and that is exactly what we are providing the body through walking. If you don't have time to go for a brisk walk, simply adding in 60 seconds of jumping jacks will help.

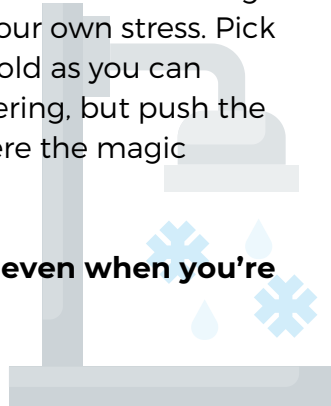
Takeaway: The key here is we want the body to move; walk, jog, jumping jacks. Move the body while you can at stops.



STEP 4: COLD SHOWER

Time & Location Permitting! If you have access to a shower, and it just so happens that you need to shower that day, let's take a COLD shower. Cold showers are powerful at jump starting mental clarity, energy levels, reducing inflammation, lowering stress and improving overall health. I highly recommend using the shower as a "tool" and a way to choose your own stress. Pick a temperature that's bearable AND also as cold as you can handle. It doesn't mean you need to be shivering, but push the levels of your comfort zone here - That's where the magic happens!

Takeaway: Cold showers are POWERFUL-even when you're not on the road.



STEP 5: NOURISH THE BODY

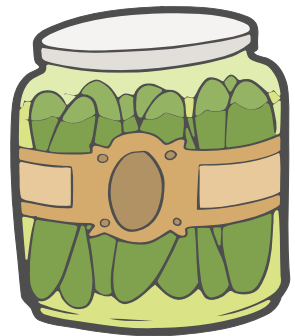
Choosing a healthy meal or snack is your last step. You've already stretched, moved and hydrated yourself - maybe even taken a ice cold shower. The last step is to nourish the body. A simple way to navigate the aisles at the truck stop is to ask yourself "Is this real food?"

The fact of the matter is, truck stops, gas stations, pit stops, or any other convenient location that sells food will have a very limited selection on items that are "real foods."

When I say "REAL FOOD" I mean is the food you're looking to eat - is it in its original state or is it processed, preserved, and packaged? There's a general rule that the longer the shelf life of a food item, the less nourishment it has.

Many truck stops are now introducing a fresh fruit and vegetable stand with some better options for sandwiches too. They may have pickles, bananas, apples, oranges, deli meat, raw nuts. These will always be your best options.

Takeaway: Fuel your body the same way you would recommend your best friend, brother, sister, mother or father to eat; you'd recommend only the best!





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