



TRUCKER SERVICE ASSOCIATION

 **LIVE HEALTHY
DRIVER HEALTH** 

"OPTIMIZING YOUR WORK SPACE"

September 2022

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WORK SPACE OPTIMIZATION

The work environment for a trucker is very minimal in the sense you're typically in one location: the driver's seat. Many other professions move around, have desks, a kitchen area, and easily accessible restrooms available at any moment. These luxuries aren't always readily available to a trucker that spends the majority of their time on the road. However, that doesn't mean your workspace cannot be optimized to make the most of your trips, both personally and professionally.

This month's write up will be all about the aspects of your work space you can improve to optimize your health, your well-being, your knowledge, and minimize stress levels.

Podcasts

Podcasts have become even more popular over the past 5 years and are a great way to learn more. They allow the listener to get the finer details on many topics without having to read 300+ page books. Many podcasts and their guests do a great job of giving practical takeaways to any topic they're discussing. I'm going to share some of my top health and wellness podcasts. Feel free to look them up, browse their episodes, and find one that resonates with you!

WORK SPACE OPTIMIZATION

Recommended Podcasts



Huberman Lab - Dr. Andrew Huberman is a tenured Professor of Neurobiology and Ophthalmology at Stanford School of Medicine. He does an amazing job at taking complex subjects and making them easily digestible for the layman.

Living 4D with Paul Chek - Paul Chek is a world-renowned holistic health practitioner who's worked with the biggest names in sports and has created his own institute on holistic health!

The Model Health Show - A fun, entertaining and enlightening look at health and fitness, with no subject off limits. Shawn speaks on topics of weight loss, diet, exercise, hormones and sleep problems.

The Aubrey Marcus Podcast - Is a destination for honest and vulnerable conversations about the deeper questions in life. Blending humor with gravity and levity with depth, as he explores mindset, holistic health and spirituality.

The Awesome Health Podcast - Wade, a 3-time All Natural Bodybuilder Champion has evolved professionally into nutritional supplementation and master healer.

WORK SPACE OPTIMIZATION

Audible

Some of you may be book lovers and being on the road for 8+ hours a day can make reading rather difficult. Well, with Audible and other sources, books are available for you to listen to rather than read. This is another fantastic way to learn more about any of your favorite topics, ideas, and interests. Below are a few of my favorite books!

A combination of health, sci-fi, self-help and motivational:

The Biology of Belief by Bruce Lipton

The Alchemist by Paulo Coelho

The Mind-Gut Connection by Emeran Mayer

Your Body's Many Cries for Water by F. Batmanghelidj

The Four Agreements by Don Miguel Ruiz

The Energy Bus by Jon Gordon

Can't Hurt Me by David Goggins

Chop Wood, Carry Water by Joshua Medcalf

Dune by Frank Herbert



WORK SPACE OPTIMIZATION

Kitchen Area

We know an elaborate kitchen area is far from achievable when crossing state lines daily. With that being said, eating healthy, prepping healthy foods, and being able to store them properly is not nearly as far-fetched as some may believe. Below are some of my favorite portable coolers that take up little space, have all the necessities, and can keep you happy and healthy while on the road!

[Titan Deep Freeze](#)

[Tourist Cooler Bag](#)

[Cooler Backpack](#)



Overnight Truckers

For all my truckers who have overnight shifts and have to sleep in truck stops or rest areas, we know the lighting can be bad and intrude on your sleep even if we have blinds in the back of your bed. Sleep, as we talked about previously, has such a significant role in one's weight, cravings, stress levels, and emotional health that I highly recommend improving your sleep hygiene with a sleep mask. It will help cut out any unnecessary light that disrupts deep sleep and impairs your body's resilience the following day.

[Light Blocking Mask](#)





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

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