



TRUCKER **SERVICE** **ASSOCIATION**

 **LIVE HEALTHY
DRIVER HEALTH** 

"THE REAL FOOD CRISIS"

October 2022

KUHLEFIT
RENEW YOUR VITALITY



QUANTITY VS. QUALITY



One thing that's become more obvious over the past few decades is that no two individuals are identical and no diet plan should be "one size fits all". Heck, we should even throw the word "diet" out the window too. Dieting is not essential to losing weight, feeling our best, and improving many vital health markers. However, our nutrition is. How well is it **NOURISHING** our bodies is extremely vital! This month and next we're going to pull out our magnifying glass and look closer at nutrition and what it means for us.

What we've been taught is to look at the **QUANTITY** of calories we are consuming. If we eat too much, we gain weight. If we eat less, we lose weight. This is accurate to a large degree, but there's one giant missing perspective: Just because you lose some weight doesn't necessarily make you "healthy". An example would be if Joe Smith "needs" 2,000 calories daily to maintain his weight. His weight may stay put; however, if 50-80% of the foods he's consuming are processed, nutrient-void foods, how **HEALTHY** is he really? Ironically the cultural norm here in the States is to focus on the calorie content vs the nutrient content of our foods.

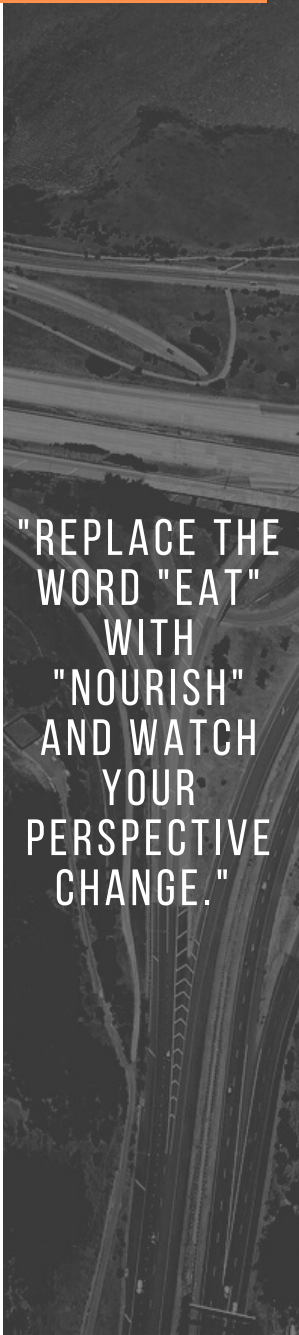
NOURISH YOUR BODY

Be Aware of Your Choices

Few people would argue that an Oreo is more nutritious than an apple, and yet we have many individuals that make these processed foods, such as Oreos, a staple in their diet.

These foods are very calorie-dense, meaning a small portion of food has a lot of calories, or energy to burn. These processed foods are easy to over-consume because they're using ingredients that are engineered to be HIGHLY palatable and addictive which encourages the consumer to continue eating.

However, if you eat nourishing foods, like apples, berries, vegetables, and meats, they are much tougher to over-consume. You'll become full and less likely to overeat nor have the desire to "stuff your face". The major bonus is that fruits, veggies, and meat are QUALITY food and are nutrient-dense—meaning they contain lots of nutrients our bodies need to thrive, not just calories for energy.

An aerial, grayscale photograph of a complex highway interchange with multiple lanes and overpasses, serving as a background for the text on the right side of the page.

"REPLACE THE
WORD "EAT"
WITH
"NOURISH"
AND WATCH
YOUR
PERSPECTIVE
CHANGE."

QUESTIONS TO PONDER

Question 1:

How long would your house plant survive on “Coca Cola” as its water?

Question 2:

How healthy (or overweight) would your dog become if you continued to feed it sugary treats everyday?

Question 3:

Have you ever seen an overweight animal in the wild? Why not?



"NUTRITION
HEALS"

OVERFED AND UNDER-NOURISHED

The real crisis we're facing is being under-nourished. As a whole, we are overfed and under-nourished. Meaning we're consuming too many calories from foods that have minimal nourishing qualities. These foods then displace our ability to eat more nourishing foods: Foods that help the liver detox, that improve brain cognition, or that provide energy and stamina. Foods that hydrate you, that calm the nervous system, and leave you feeling FULL and free of symptoms. This is what food should do to the body.

The major takeaway is nutrition heals!

Providing the body with QUALITY foods, the body heals. It'll heal miraculous things you may never have thought possible - give it a shot and see for yourself!



"GOOD FOOD
IS THE
FOUNDATION
OF GENUINE
HAPPINESS"

TAKING ACTION



Action Steps

1. Identify an area of your life where eating healthy is difficult:
 - a. before bedtime?
 - b. home around family?
 - c. at work?
 - d. etc.
2. What are 1-3 small changes you can implement right away?
 - a. Healthy snacks
 - b. Bigger breakfast
 - c. Eating enough protein at each meal

I, _____, will take this action for 10, 20 or 30 days (circle one) to show myself the importance of health and the impact it has on my body.



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