

# Sitting is the New Smoking

LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN

# TRUCKER SERVICE ASSOCIATION

SEPTEMBER 2023



# Do You Sit To Drive?

The life of a truck driver is often marked by long hours of sitting behind the wheel which inevitably leads to a sedentary lifestyle. Prolonged sitting can contribute to various health issues including obesity, cardiovascular disease, and musculoskeletal problems.

However, by adopting simple yet effective strategies, trucker drivers can combat the negative impacts of a sedentary lifestyle and improve their overall health and well-being. In this write-up, we will explore some of the best ways for truck drivers to stay active and incorporate exercises and stretches into their daily routines.

We have all heard how smoking is terrible for overall health. Recently, within the past decade or two, it has become prevalent on the implications of a sedentary life to which it has been coin, "sitting is the new smoking."

# Fitness on the Road

**Regular Walk Breaks:** As a truck driver, taking regular walk breaks during rest stops is essential for combating the negative effects of prolonged sitting. Walking helps increase blood flow, reduces stiffness, and refreshes the mind. Aim to take a short walk every two to three hours or whenever you feel fatigued. Consider using a fitness tracker or smartphone app to set reminders for these breaks. I personally recommend an OURA Ring which keeps track of sleep, resting heart rate, steps, and much more!

**Bodyweight Exercises:** Bodyweight exercises are convenient and effective for truckers, as they require no additional equipment. Performing exercises like push-ups, squats, lunges, and planks engage multiple muscle groups, promoting strength and flexibility. Aim for two to three sets of 10-15 repetitions for each exercise. As you become more comfortable, you can gradually increase the intensity and variety of bodyweight exercises. An added bonus is many times when we think we're hungry, we're actually bored and working out can help curb our appetite too - which means less snacking on the road!

**[BODY WEIGHT EXERCISES - CLICK HERE!](#)**



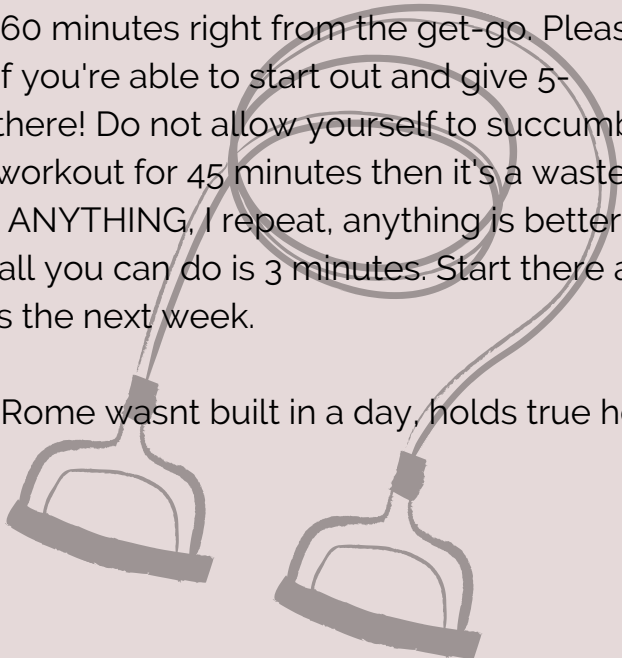
# Fitness on the Road Continued

**Resistance Bands:** Resistance bands are portable and versatile tools that truckers can carry with them while they travel. These bands provide varying levels of resistance, allowing for a full-body workout. Utilize the bands for arm curls, shoulder presses, lateral raises, and other exercises to target different muscle groups. Regular resistance training can enhance muscle strength and endurance.

## [Purchase your Resistance Bands Here](#)

Many times we fall into this trap of thinking we need to workout for 30-60 minutes right from the get-go. Please avoid this trap. If you're able to start out and give 5-minutes - start there! Do not allow yourself to succumb to this "If I cannot workout for 45 minutes then it's a waste of time" mentality. ANYTHING, I repeat, anything is better than nothing. If all you can do is 3 minutes. Start there and try for 4 minutes the next week.

The old adage, Rome wasnt built in a day, holds true here too!



# Stretching

I have never had someone tell me they feel worse after stretching - in fact, everyone tells me they feel much better even after a few minutes of stretching and loosening their tight muscles. Below are a few muscles that tend to get tight while in a seated position for a long period of time. Try these out and see how you feel!

**Neck Stretches:** The neck is susceptible to tension and discomfort from long hours of looking ahead while driving. Perform gentle neck stretches, such as tilting the head from side to side and forward and backward, to release tension and reduce the risk of stiffness and neck pain.

**Shoulder Rolls:** Shoulder rolls help to alleviate tension in the shoulder and upper back area. Sit up straight in your seat and roll your shoulders forward and backward in a circular motion several times. This exercise improves circulation and reduces discomfort caused by prolonged sitting.



# Stretching

**Hamstring Stretch:** Long periods of sitting can cause tightness in the hamstrings, leading to discomfort. To stretch your hamstrings, stand outside the truck with one foot propped up on the bumper or step. Gently lean forward and reach for your toes. Hold the stretch for 15-30 seconds on each leg to increase flexibility and alleviate tightness.

**Pec Stretch:** Sitting in a rounded shoulder position for long periods of time causes the pec muscles to become habitually tight, leading to poor posture, poor breathing mechanics, and tight neck musculature. Standing outside and facing the truck, place one arm against the truck straight out and parallel to the ground. Keeping the hand on the truck, rotate the body away from the truck until you feel a stretch in your pec muscles/shoulder region. Hold this position for 30-60 seconds and stretch the other side.

**Seated Spinal Twist:** The seated spinal twist targets the back and spine. While seated, twist your upper body to one side and hold the back of the seat for support. Hold the stretch for 15-30 seconds and then repeat on the other side. This exercise helps relieve lower back tension and improves spinal flexibility.



# More Perks

The better hydrated and the greater quality of foods we consume will have a direct impact on our health and musculature. If we want our joints to feel like 20 year olds and stay highly lubricated and loose we also need to focus on hydration and the types of foods we place in our mouths.

**Choose Nutrient-Dense Foods:** Opt for nutrient-dense foods that provide essential vitamins, minerals, and energy. Include whole grains, lean proteins (such as chicken, turkey, fish, or tofu), fruits, and vegetables in your diet. Snack on nuts, seeds, yogurt, or fresh fruit instead of chips or candy.

**Hydrate:** Staying hydrated is crucial for overall health and well-being. Carry a reusable water bottle and aim to drink half your body weight in water per day. Adequate hydration can improve focus, concentration, and energy levels, which are essential for safe and alert driving. They also help lubricate our joints and help us move pain free.



# TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN



**CREATED BY**  
NICK KUHLE  
HOLISTIC HEALTH COACH  
[WWW.KUHLEFIT.COM](http://WWW.KUHLEFIT.COM)

