

6 Major Concerns for Truck Drivers

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

TRUCKER SERVICE ASSOCIATION

DECEMBER 2023



The Struggle Is Real

Let's be real. Truck drivers don't have an easy job. It's far from a walk in the park due to their unique job setting, its requirements, and the nature of the work they perform. This profession can incur many health ailments if one fails to have a plan set. The great news is that virtually every health concern that truck drivers face are all treatable and curable—with a little forward-thinking. Here are some top concerns and potential solutions:

95-98% of ALL dis-ease an individual experiences is directly related to diet, lifestyle, and environmental factors
- Bruce Lipton

Factor 1

Sedentary Lifestyle:

- **Concern:** Extended periods of sitting can lead to weight gain, cardiovascular issues, and musculoskeletal problems. This not only impacts the health of the driver but will also impact their family, relationships, and mental and emotional outlook on life.
- **Solution:** Let's keep it SIMPLE! Take regular breaks for stretching, walking, and exercise, when applicable. Walks and stretching can be completed anytime one takes a break. Don't make it complicated. Make sure you are being active and moving around during this period of "rest." Find a nationwide gym, like Planet Fitness, where you can become a member and utilize it across the country to stay active and healthy even when on the road.
- **Invitation:** Can you get 7,000+ steps in daily? This is a great starting point and is equivalent to about a 3 mile walk. But, if broken down, it can be completed in 2-4 shorter walks throughout the day.



Factor 2

Sleep Deprivation:

- **Concern:** Irregular schedules and long hours can lead to sleep deprivation which impacts overall health and alertness. Inadequate sleep also impacts hormones, food cravings, energy levels, and inflammation.
- **Solution:** Implement realistic and consistent schedules. Work on creating a sleep routine by going to bed at the same time. Waking up the following day and getting direct sunlight on the body helps reset the circadian (sleep) rhythms as well.
- **Invitation:** Purchase a sleep mask so you can sleep in a DARK environment which is conducive to better quality sleep. Keep the cab or bedroom on the cooler side as the body's temperature needs to drop 1-2 degrees to fall asleep. Start your day off with a walk when the sun rises. This addresses two birds with one stone – getting early morning movement as well as light on the eyes to reset circadian rhythm for better sleep cycles.



Factor 3

Poor Nutrition:

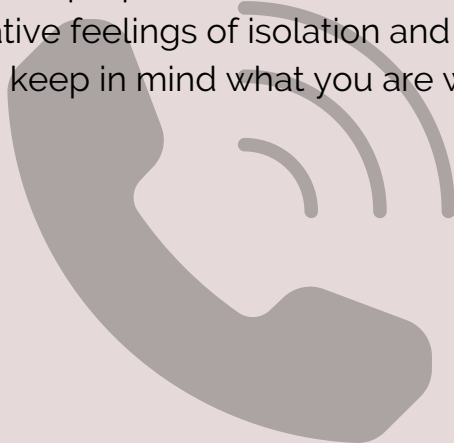
- **Concern:** Limited healthy food options on the road will contribute to poor nutrition. You cannot be healthy if your food choices are poor – plain and simple! In order to combat poor food choices, one will inevitably have to pack their breakfast, lunch and or supper for the road.
- **Solution:** Pack healthy meals and snacks. We've covered quite a few of these options over the past few years. Feel free to look back for simple and easy recipes and snacks for on the go.
- **Invitation:** Start packing at least 1 healthy meal per day that incorporates protein. Protein helps curb cravings and helps you feel fuller longer—reducing the need to reach for additional, less healthy snacks during the day.



Factor 4

Mental Health:

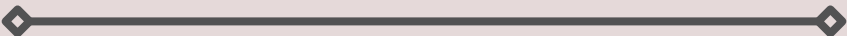
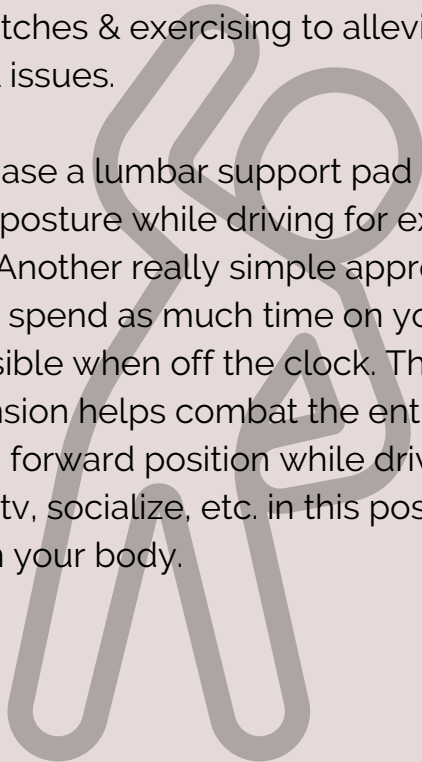
- **Concern**: Isolation, stress, and job demand can contribute to mental health issues.
- **Solution**: Reach out to friends and family when applicable. Stay in touch with others.
- **Invitation**: Journaling or calling friends can be a simple approach to avoid feeling isolated or stressed out. Also having direction or a goal in life will make it easier to stay the course. What are you working towards in your life? This is the simplest way to stay motivated and have purpose in life which helps negate the negative feelings of isolation and overall stress when you keep in mind what you are working toward.



Factor 5

Ergonomics and Musculoskeletal Issues:

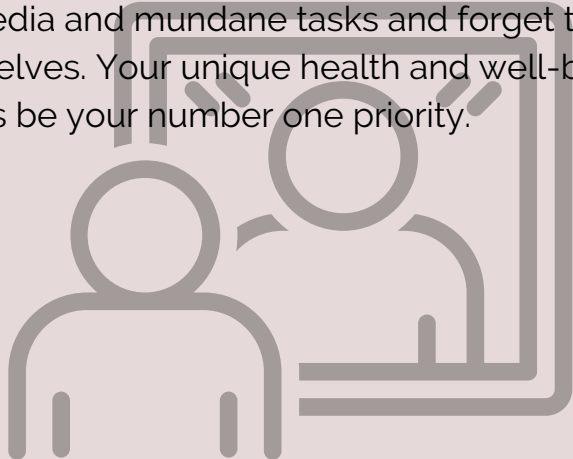
- **Concern**: Prolonged sitting and repetitive motions can lead to musculoskeletal problems.
- **Solution**: Using proper ergonomics, comfortable seating, and stretches & exercising to alleviate musculoskeletal issues.
- **Invitation**: Purchase a lumbar support pad to help maintain proper posture while driving for extended periods of time. Another really simple approach to combat this is to spend as much time on your stomach as possible when off the clock. The position of being in extension helps combat the entire day of being in a flexed forward position while driving. You can read, watch tv, socialize, etc. in this position and it will feel great on your body.



Factor 6

Limited Personal Time:

- **Concern**: Long hours on the road can result in limited personal time and difficulty maintaining a work-life balance.
- **Solution**: Be honest with yourself on what you need in your life from a personal perspective. Create boundaries and learn when to say “yes” versus “no” to make sure we’re not burning ourselves out.
- **Invitation**: Take time and reflect on what you personally need. Many times we can get distracted with social media and mundane tasks and forget to prioritize ourselves. Your unique health and well-being should always be your number one priority.



The Struggle Is Real



Addressing these concerns requires having a game plan. Get clear on what you are willing to implement right away within your daily schedule and what you are not willing to implement at the current time.

Start with the items you feel you can adequately implement until those become habits. Once those habits are created, go back to your original game plan and identify which item(s) you can now focus on to move you forward. If your health and energy are a concern, I would highly encourage you to start with prioritizing sleep first. This is the simplest and cheapest form of healthcare and nothing can top a great night of sleep. From there I would focus on Movement such as walking as this is the next least expensive item you can put into place. From there you can work on nutrition and start making healthier changes. Give this a go and let me know what you experience. I love hearing your stories, triumphs and struggles and will provide personal feedback if you reach out to me at the email below.



Checklist of Health



Factors	Currently Doing 	Not Doing 
Factor 1	<input type="checkbox"/>	<input type="checkbox"/>
Factor 2	<input type="checkbox"/>	<input type="checkbox"/>
Factor 3	<input type="checkbox"/>	<input type="checkbox"/>
Factor 4	<input type="checkbox"/>	<input type="checkbox"/>
Factor 5	<input type="checkbox"/>	<input type="checkbox"/>
Factor 6	<input type="checkbox"/>	<input type="checkbox"/>

COMPLETE THE CHECKLIST TO SEE WHAT FACTORS YOU'RE CURRENTLY DOING AND WHICH ONES YOU ARE NOT. CHOOSE 1-2 ITEMS TO WORK ON AT A TIME. ONCE A HABIT THEN MOVE ONTO THE NEXT ITEM



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