

Holiday Season

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

TRUCKER SERVICE ASSOCIATION

NOVEMBER 2023



Holiday Season



The holiday season is a beautiful time of year when we come together with loved ones to celebrate, reflect, and enjoy the festivities. However, for truck drivers who spend long hours on the road, it can be a challenging period to maintain a healthy lifestyle. The temptation of indulgent treats, limited access to healthy food options, and the pressure to meet tight deadlines can make staying healthy during the holiday season seem like an impossible task. But fear not, fellow truckers, as we're here to guide you through the holiday highway and offer some practical tips on how to stay healthy and maintain your well-being during this special time of year.

HOLIDAYS

Sugar Season

During this time, we are also approaching “The Flu Season” where people get run down with colds and flus, have to take time off work, and feel in the dumps. I would like to change your perspective slightly and say that we are actually entering “The Sugar Season” where we have candies, treats, cakes, pies, and all the other sugar-laden treats imaginable which decrease your immune system’s function and leave you vulnerable to sickness. The more we can navigate these less than healthy treats, minimize, and keep our focus on the quality foods that we’ve spoken about the past 3.5 years, you’ll be able to—at the very least—minimize if not eliminate this “Flu Season” altogether. I’d like to think I’m a great living example of what I’m preaching, in the last 10 years I’ve only had the flu once and have never had to step in any doctor's office in that time. I’ve also only missed 1 day of work in this period of time too.



An Ounce of Prevention

- **Pack Healthy Snacks:**

- Stocking your truck with healthy snacks is essential for avoiding unhealthy food choices on the road. Nutrient-dense options like beef jerky, fresh fruit and veggies, and prepared meals can provide sustained energy, help control your appetite, and prevent cravings for fast food or sugary snacks.

- **Stay Hydrated:**

- Dehydration can lead to fatigue and impaired concentration, not to mention intense food cravings - yes, dehydration can trick the brain into thinking it's hungry when really it's thirsty. Make it a habit to drink water regularly throughout the day. Minimize, if not, eliminate your consumption of sugary drinks, as they can lead to energy crashes. Staying properly hydrated is crucial for your overall well-being and alertness while driving.

- **Get Adequate Sleep:**

- Adequate rest is paramount for truck drivers. Lack of sleep can lead to fatigue, impaired decision-making, and a higher risk of accidents. Poor sleep also leads to sugar cravings and poor quality food choices. Aim for 7-8 hours of quality sleep during your rest periods. Invest in comfortable bedding and ensure your sleeping area in the truck is conducive to restful sleep.



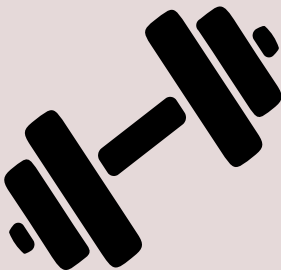
Is Worth A Pound Of Cure

- **Exercise on the Go:**

- Long hours on the road can lead to a sedentary lifestyle, which is detrimental to your health. Incorporate simple exercises like stretching, body weight exercises, or simple and effective walking into your daily routine. These movements can help improve circulation and reduce muscle stiffness. Use rest stops as opportunities to stay physically active.

- **Mindful Eating:**

- When dining at truck stops or restaurants, opt for healthier menu choices. Look for salads, grilled proteins, and fresh fruits and veggies. Be mindful of portion sizes and avoid heavy, fried, or overly processed foods that can lead to a feeling of sluggishness and contribute to weight gain. These processed foods are often cooked in inflammatory oils, have sugar in them and are highly addictive and easily over consumed.



Is Worth A Pound Of Cure

- **Limit Holiday Treats:**

- While it's fine to enjoy holiday treats occasionally, moderation is key. Excessive consumption of sugary or high-calorie holiday foods can lead to weight gain and energy fluctuations. Treat yourself like a living temple that you are. You are only given one body so treat it like you love it. Reduce if not eliminate these types of treats for the vast majority of the time. They may comfort us in the short term, but the long term, they are our enemy.

- **Stay Connected:**

- The holiday season can be a lonely time for truck drivers on the road. Combat feelings of isolation by staying connected with loved ones. Regular phone calls, video chats, or social media can help you maintain your emotional well-being and remind you of the reasons you're working hard on the road.



Happy Holidays



As a truck driver, staying healthy during the holiday season requires planning, discipline, and a commitment to your well-being. By implementing these tips and maintaining a focus on safety, you can make the holiday season a time of celebration, good health, and fulfillment. While the road may be long and challenging, remember that taking care of yourself is the most important gift you can give to yourself and your loved ones during this special time of year. Safe travels, and happy holidays!

HAPPY
HOLIDAYS

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