

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

CREATED BY
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“WHERE’S YOUR COMPASS NEEDLE POINTING?”

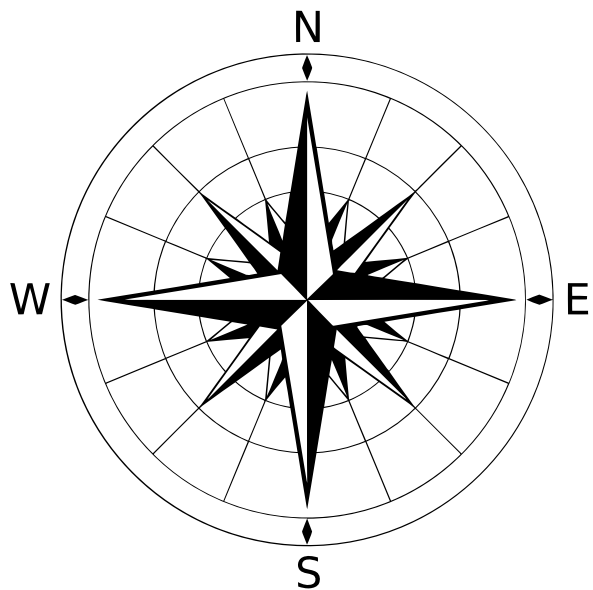
JANUARY 2024

HAPPY NEW YEAR!

It's officially 2024 now and another year has passed. The older we get, the faster the years seem to pass by. But, that does not mean you need to pass on your health. Achieving a new level of health can, many times, seem like an insurmountable and overwhelming task with no end in sight. It can feel as if everything you love and enjoy has to be thrown to the wayside. It can come with a negative stigma about needing to live on a treadmill for hours a day, only eating boring food with no flavor, not being able to have fun and enjoy yourself and your family. With all that at the back of your mind, trying to navigate these waters on your own can be troublesome! Add in that there's an enormous amount of literature, research, "experts" and the like out there spewing all sorts of contradicting information - where does one even start?!

Let's deep dive and make sure your compass needle is pointed in the right direction, thus setting you up for long-term success in your health and life.

WHERE'S
YOUR
COMPASS
NEEDLE
POINTED?



STAGGERING FACTS

The average American is currently on 5 or more medications compared to 1 back in the 1990s ([PSU](#)). This is a staggeringly high number and all of them have a laundry list of side effects. This single fact helps point the finger that we as Americans have lost our innate sense on what constitutes “health promoting” vs “health demoting”. I’m here to help break down this complex topic of health into digestible pieces so you can easily and effectively navigate your health this upcoming year.

PLANT ANALOGY

A beautiful analogy that helps paint the picture of where we are going this year in our monthly write-ups is as follows: Most individuals/households have house plants. All plants need 3 things to survive, thrive and to be extremely bright and vibrant. They all need WATER, SUNLIGHT and SOIL. Too much or too little of any of these 3 components and the plant will suffer. Too much water and the leaves can turn yellow (an expressed symptom). Too little water or too much sunlight and the leaves can turn brown (an expressed symptom). We as humans are not far off from the plant in the way we express disease. We as humans have 6 foundational pillars we need to balance in order to experience true health, free of symptoms. And just like plants, with each variety needing their own specific needs, we as humans do have some variance in what we need too.

An aerial, high-angle photograph of a complex highway interchange with multiple overpasses and ramps. The image is in black and white, with a dark, moody tone. The text is overlaid on the right side of the image.

THE BUILDING
BLOCKS OF
HEALTH START
WITH THESE 6
PILLARS - BAR
NONE

THE 6 PILLARS



Our 6 foundational pillars are: **SLEEP/REST**, **HYDRATION**, **NUTRITION**, **BREATH**, **MOVEMENT**, and **THOUGHTS/WORDS**. These are the basic foundation for all of what creates health in each and every human being. Too much, not enough, or out of balance in any one of these pillars will create dis-ease and symptoms will follow.

WHEEL OF PILLARS

Below is the “Wheel of Pillars” for you to self rank your current success within each of these pillars so we can get a baseline for where you’re currently at, and where you can make progress.

Place a dot anywhere on the spoke that represents the correct placement of where you feel you’re at with that foundational pillar. 10 represents the outer ring; absolutely doing the best. 1 represents the center of the wheel, doing a poor job, with all the numbers in between. Said differently, the center point of the wheel represents a 1 where the outer ring of the wheel represents a 10. Halfway between the outer ring and the center represents a 5. Place your dot accordingly to how you feel about each pillar.

SCORING



WHAT REPRESENTS A 10

Sleep: I get 7-9 hours of uninterrupted sleep, waking up rested, and feeling energized each morning. This represents a 10 for comparison.

Breath: When I take a breath in, my belly expands first and then my chest. Not both together, nor does my chest expand first. I breathe through my nose on a regular and daily basis, except during high exertion. This represents a 10.

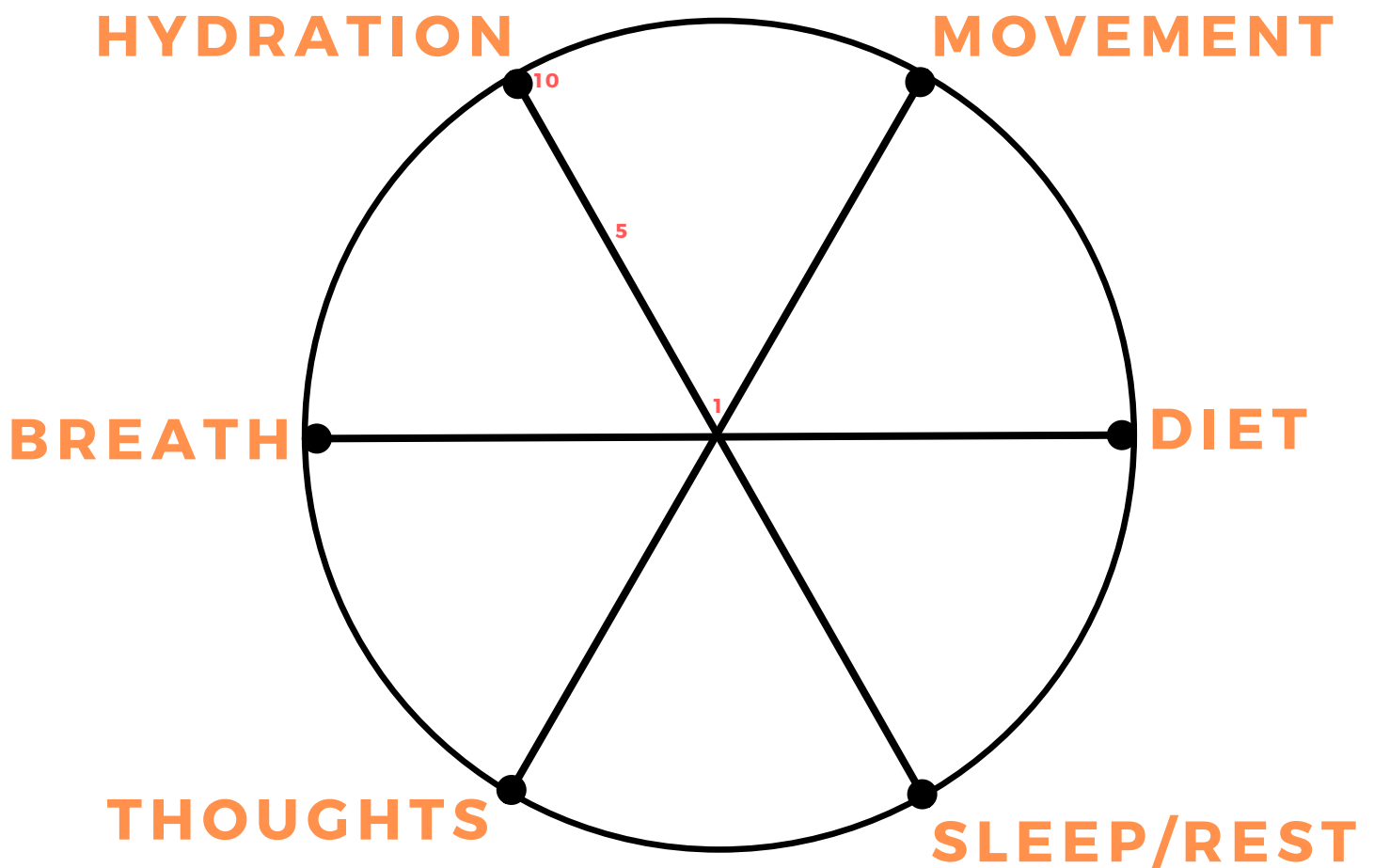
Hydration: I drink half my body weight in ounces of filtered water on a daily basis. Pure water, nothing added to it like flavoring packets. This represents a 10.

Nutrition: I eat 85% of my meals from whole foods that I prep and buy. This represents a 10.

Movement: I get 30 minutes of structured movement daily with a minimum of 7,000 steps. This represents a 10.

Thoughts/words: I have a positive outlook on life. I don't talk myself down or speak ill of myself. This represents a 10.

WHEEL OF LIFE



REFLECTION OF SCORING

WHEEL OF LIFE

At this point in time you should have placed a dot on each of the “spokes” of the wheel, somewhere between the center dot “1” and the outer ring “10”.

The further away from the center point the dot is, the better the score it represents, subjectively.

After all 6 dots have been placed, your scoring has been completed. Now connect all of the dots. Starting with **Hydration** and connecting that dot to **Movement**, Then connecting that dot to **Diet** and so on until you have a “circle” completed.

INTERPRETATION

From here, you can evaluate your score 2 ways.

1. Which scores are the lowest that you can bring up to help support you or
2. Looking at the overall picture and viewing how “round” your wheel is. The smoother and more round your wheel is, the smoother your life will roll.

An aerial, high-angle photograph of a complex highway interchange with multiple lanes and overpasses. The image is in grayscale and serves as a background for a quote.

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