

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

CREATED BY
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Holistic Lifestyle & Corrective Exercise Coach

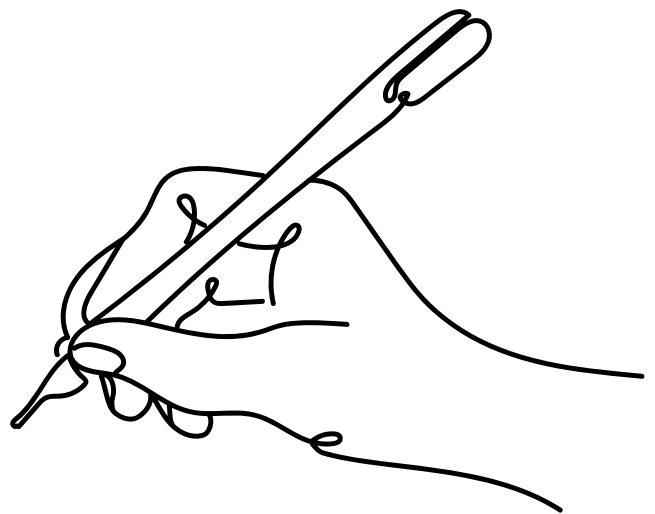
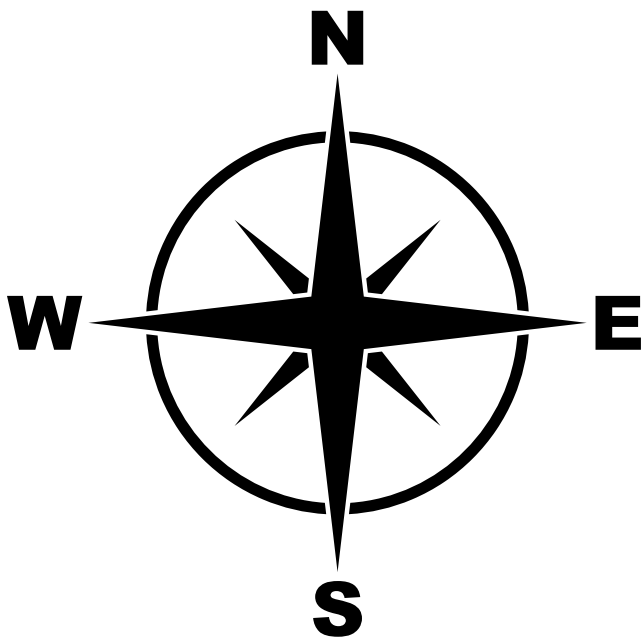
ENERGY THROUGH THE ROOF

MARCH 2024

RECAP OF WHERE WE'VE BEEN

The last two months we've spent a lot of time getting crystal clear on what we're looking to accomplish in life; what is our dream, purpose or legacy. This is a vital first step in anyone's journey towards creating the life they want. This clarity creates the motivation for change and provides the direction needed to go. If we don't know where you're going, any road will take you there. I'd recommend writing this DREAM down somewhere you can see it on a daily basis. You can also reiterate it to yourself every night before you go to bed or every morning when you wake up.

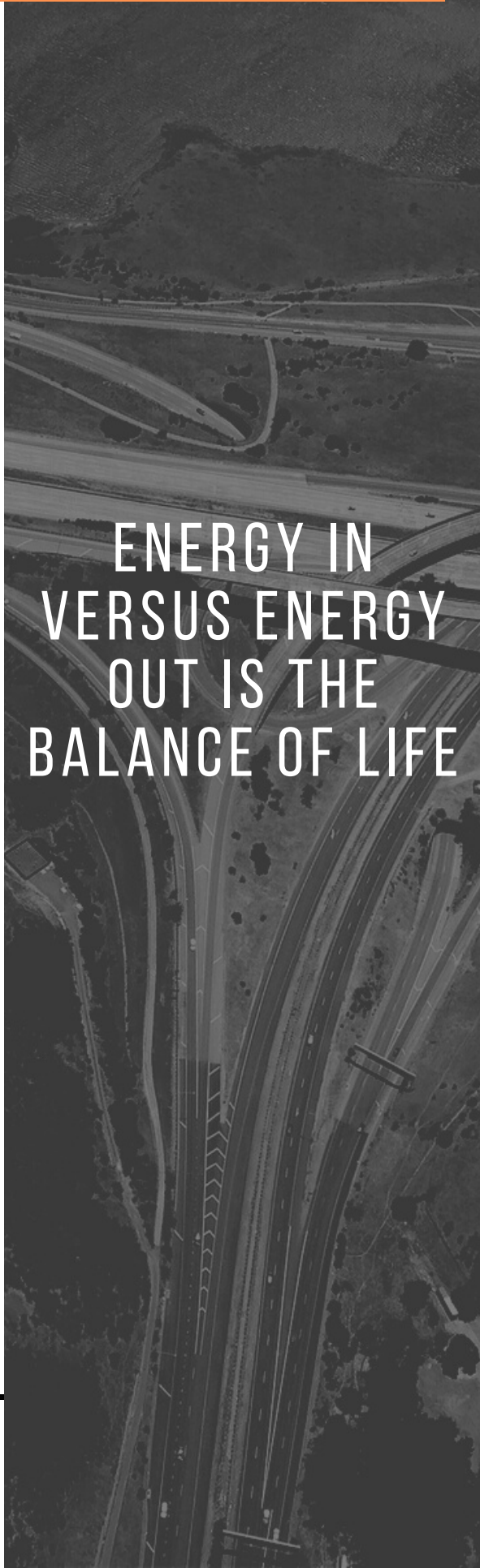
This dream, purpose or legacy helps us identify values and boundaries in life. Being able to ask oneself if this "opportunity" is going to move me closer to my dream or will it move me further away? An example for many parents is the opportunity to sign up and become the coach of their son or daughter's sports team or a leader in boys or girls scouts. It may be a great opportunity, but if you are already packed to the max in your day, it's perfectly okay to say no.



CHANGE TAKES ENERGY

From there, we identified all the “requirements” and “tasks” of our daily lives that we spend the most time, money and energy on. Thus, creating an awareness of where all of our free time and focus is spent. Are these “requirements” or “tasks” moving us closer to our dream, purpose or legacy or are they moving us further away? Now that we have this awareness of where we want to go in life and where we’re spending our time, whether moving us closer or not, we now have the ability to start making some positive changes.

Here’s the catch! Making changes takes **ENERGY**. If we are in a spot in our life where our health isn’t at it’s peak anymore, which is common nowadays, it can be troublesome and difficult to make the changes necessary to get to the place where we want to go. Luckily, I have a few tips and tricks up my sleeve to help expedite this process and make it streamlined. All you have to do is follow along over the next few months as we navigate these waters. When looking at making changes, which takes energy, there’s quite a few ways that we can bring energy back into our bodies. We can do this through what we put into our mouths and consume on a daily basis or how well we recharge our bodies with sleep, rest and time to ourselves. We can do this through movement practices that energize us or through breathwork that vitalizes us and provides a natural high. We can even do this through our hydration levels throughout the day.

An aerial, high-angle photograph of a complex highway interchange with multiple lanes and overpasses. The image is in grayscale and has a slightly grainy, artistic feel. Overlaid on the right side of the image is the text 'ENERGY IN VERSUS ENERGY OUT IS THE BALANCE OF LIFE' in a white, bold, sans-serif font, arranged in five lines.

ENERGY IN
VERSUS ENERGY
OUT IS THE
BALANCE OF LIFE

ENERGY UPTAKE



KEEP IT SHORT & SIMPLE (K.I.S.S.)

For this month's write-up, we're going to keep it extremely simple and to the point to increase those energy levels as quickly as possible. In doing so, we'll look at **3 ways** that we can improve energy levels immediately. I encourage anyone reading this to implement these 3 practices every day for the next 14 days to truly see the magnificent impact this will make on your energy levels.

Step 1: Drink 75-100 ounces of water per day with a pinch of high quality, unprocessed and unrefined sea salt like Celtic Sea Salt or Redmonds Real Salt. Many times people increase their water intake, only to end up using the restroom every 45 minutes. The quality salt listed above will help the cells absorb the water, thus hydrating your tissues.

Caveat: When you put a pinch of sea salt into your water, it should NOT taste like salt water. It'll actually make the water more palatable

K.I.S.S.



KEEP IT SHORT & SIMPLE (K.I.S.S.)

Step 2: Sleep 8 hours every night. This is a non-negotiable. Sleep trumps everything. It is the cheapest form of healthcare, healing, and improving energy levels. You cannot skip out on sleep and expect to stay energized without detriments.

Step 3: Eat protein. All of your meals should be roughly half protein. Therefore, if you're going to eat a meal or snack, half of your plate should have food that has come from an animal with eyes; fish, deer, cow, pig, sheep, goat, chicken, turkey, etc. This will help keep the cravings at bay and improve energy levels. Far too many people under eat protein, but not you.

That's it, it's literally that simple. Put this into place for 14 days and you will see a noticeable difference. No cutting corners here! This is the groundwork that needs to be laid in order to allow great energy to flourish. Energy drinks and other stimulants are "fake" energy. Don't shrug off these 3 steps.

The following write-ups will start diving into more key ways to optimize energy and move you closer to your dream, purpose or legacy.

2 WEEK CHALLENGE

Below is the schedule for the next 14 days. Please print off a copy or make your own. Under each category (water, sleep, protein) put a checkmark if you've completed the "challenge" each day.

	Water	Sleep	Protein
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

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