

# Driver Health & Wellness

Professional drivers know that proper care and maintenance of their vehicle is needed to “keep the wheels turning,” but the same can be said about one’s physical and mental health. Without these, a driver puts their career and personal well-being at risk.

To be physically and mentally fit requires a dedication to proper diet and regular exercise. This can be a challenge considering the sedentary nature of this profession; however, attaining a healthy lifestyle on the road is not impossible. Before starting a new diet or exercise program, drivers should consult their physician to help plan a proper course of action to reduce the risk of injury. In addition to their doctor’s recommendations, drivers may be referred to a nutritionist and/or personal trainer to help develop creative eating and exercise plans while on the road.

For eating ideas, consider packing a small cooler with healthy foods, like fruits, nuts, vegetables, and granola. Besides being a lot healthier than fast food, these can be significantly cheaper, as well. Likewise, avoid fried and breaded foods, soda (including diet drinks), and energy drinks. Load up on fruits, vegetables, and grilled menu items instead and drink plenty of water. This helps keep the body hydrated and reduces bloating and constipation. Making dietary substitutions like these can drastically cut the calories, sodium, carbs, and fat necessary for weight loss and maintenance.

As for exercise, take a walk! Walking is probably the most underrated exercise that humans can do. A few benefits of walking at least 30 minutes per day include reducing the risk of coronary heart disease, improving mental well-being, and reducing stress.

Eating healthier and getting regular exercise are personal decisions that have a direct impact on you and your family. Making small changes in these areas can help lead to a happier, healthier, and a more fulfilling life. Be proactive and treat your body the same as you would a brand new truck. With proper care, it will perform at peak efficiency and last for many years to come.



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