

# Helping professional drivers stay healthy on the road.

Having a tough time eating right? Getting enough exercise? Are you feeling rundown? A few simple changes can make a difference.

## Make healthy food choices

- Eat breakfast. Try fruit, whole grain cereals or yogurt.
- Eat small meals throughout the day, instead of a big meal at lunch or dinner.
- Fill the plate with vegetables, whole grains and protein.
- Drink plenty of water.
- Carry healthy snacks like fresh or dried fruit, nuts, low fat granola or 100 calorie snacks.

## Find ways to exercise

- Park farther away from the destination to increase walking time.
- Try driver's seat exercises at rest stops.
  - Squeeze a tennis ball to strengthen hands and forearms
  - Point and flex toes to increase leg circulation
  - Raise shoulders towards ears and release to relax the back and neck
  - Tighten and release buttock muscles
  - Use stretch bands or small hand held weights
- If parked in a safe place, walk around the truck. (Approximately 32 times around a tractor trailer is about a mile).

## Avoid fatigue

- Watch for signs of fatigue: trouble keeping eyes focused, excessive yawning, and inability to recall the last few miles driven.
- Take breaks, get out of the truck to walk around and stretch.
- Limit nicotine and caffeine. Avoid alcohol.
- Sleep for at least 7 hours at a time.



**minute  
clinic**<sup>®</sup>

the medical clinic in  
**CVS**  
pharmacy<sup>®</sup>

[minuteclinic.com](http://minuteclinic.com)  
866.389.ASAP (2727)