



Trucker Tips for a Healthier Outcome in the New Year

The truck driver's life can be fun when you find yourself on the open road daily however, as a result, it can also be easy to live an unhealthy lifestyle. Eating on the road and at stops, every day can lead to an unhealthy diet. However, if your goal is to stay healthy out on the road it can be done but it will require much discipline and dedication to develop good habits.

Step 1:

First a need to become healthier as a truck driver needs to be identified. Once the problem is identified and a desire to change it exists it will be easier to follow a plan of action to get healthy.

Step 2:

Staying on track will require planning your day ahead to be sure you include stops with healthy meal and snack choices as well as allow time to incorporate daily exercise. If you plan your day in advance you will be more likely to eat healthy and include a workout into each day.

Step 3:

This will consist of eating healthier food which will require possibly incorporating different food stop selections along your route. Other possible options would be to make healthier food selections at your current route stop dining locations. Knowing the eating location menu in advance will help plan a healthier selection in advance prior to going into the eating location. Additionally, having an awareness of your overall daily food intake and establishing portion control based on a healthy daily diet would be positive steps in the right direction.

Step 4:

Fill your truck with healthy snacks. If you choose to incorporate snacking in your daily routine having a snack schedule will help you avoid random over snacking. Some healthy snack options to keep in your truck are fruits, vegetables, nuts, and protein bars. Additionally, if you are including snacks throughout your day you may want to limit your portion sizes for lunch and dinner. Be sure to purchase your snacks from a grocery store or farm stand to ensure they are always fresh.



Step 5:

Staying hydrated is very important. Be sure to have plenty of water available in your truck always and drink plenty of water often. Staying hydrated is important and water is the best way to stay hydrated and helps to keep your body clean.

Step 6:

If you smoke, consider quitting. Smoking is an unhealthy habit and it is easy to lose track of how much you smoke while sitting all day long. This will be one of the most difficult parts in obtaining your goal towards a healthier lifestyle nevertheless, it is a very important part of your plan in reaching a healthier you.

Step 7:

Remember to exercise regularly. Be sure to be available to exercise daily. Scheduling your workout will help to make sure you get to it every day. Additionally, when scheduling your workout be sure to block out at least an hour of which at least 45 minutes should be utilized on a walk as walking is a great way to get fresh air and relax your mind while exercising your body. Be sure to carry dumbbells or resistance bands to incorporate some easy and convenient weight training.

Step 8:

Avoid getting sick by washing your hands. Washing your hands regularly especially before eating will help you avoid getting sick.

Step 9:

Getting plenty of sleep is essential to rejuvenate your body and mind. Resting is also key in building a healthy immune system so, be sure to schedule enough sleep for yourself so you are alert and ready for the road ahead.

Step 10:

Including a vitamin supplement in your daily routine will help fill in any nutrient gaps and ensure you get anything you are missing in your current diet.

Take Away:

It is important to recognize the trucking profession has its obstacles when it comes to living healthy however, even though your profession can make it a bit challenging eating and living healthy can be done while still maintaining a variety of fun food and lifestyle options.