



Health and Wellness Winter Season Checklist

Routine Annual Physical Exam:



Be sure to schedule a routine physical on a regular annual basis. This is a great opportunity to have all your routine bloodwork done, regular ongoing medications refilled, and your vaccines updated if needed. Most insurances cover these preventative services at 100% so be sure to take advantage of this opportunity to check how you are doing.

Be Sure All Your Vaccines Are Current:



Your routine physical is a good opportunity to check that all your vaccines are current. Again, most insurances cover preventative services which include vaccines at a 100% however, check with your insurance first to confirm. Vaccines are particularly important since you are traveling to various areas and encountering many people throughout your routes.

Get Your Annual Flu Shot:



It is important to get your annual flu vaccine as the influenza virus is always changing and as a result the vaccine is updated as needed each year. Again, since you encounter many people while traveling to various locations it is better to be preventative than unable to drive for a week or more at a time as a result of falling sick with the flu.

Maintain a Proper Diet:



Eating healthy on a regular basis will allow you to stay in good health and keep you behind the wheel driving for many miles. You can do this by planning ahead and packing pre-cooked meals. If you are unable to prepare healthy meals in advance to take with you on the road CDL Meals has designed a program specifically with CDL drivers in mind. CDL Meals offers various choices including a healthy amount of protein and vegetables all fully cooked to perfection by chefs removing the planning and cooking out of the equation for you yet still keeping you eating healthy.

Drink Plenty of Water:



Staying hydrated is very important. Choose water over sugar drinks, juices, or sodas. Each week aim to add at least one more glass of water to your regular water intake.

Plan Your Workouts:



Keep your mind and body healthy by working out on a regular basis. Exercise will help keep your body in shape and reduce stress. Planning your workouts in advance will help to secure working out stays on your daily schedule. Workouts can be as simple as a few laps around your truck or as intense and elaborate as running circuit drills at a rest stop location. Carry dumbbells and exercise bands in your truck to incorporate weight training with your cardio and don't forget to stretch.

Stock Your Truck with Plenty of Healthy Snacks:



Snacking every three hours is important to help keep your metabolism going. However, make sure you pack healthy snacks like crunchy vegetables and nuts that will help meet the crunch factor craving yet keep you on track for a healthy outcome.