

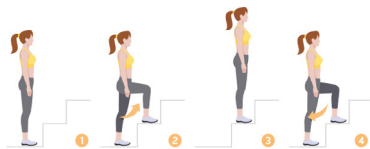
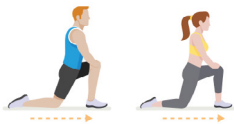
SMART DRIVER[®]

April 2023

EXERCISE & WELLNESS ON THE ROAD

People who sit for long periods of time, lead sedentary lifestyles, or work in high-stress environments are prone to many serious health problems, such as type 2 diabetes, heart disease, depression, deep vein thrombosis, and more. Exercise is a great solution. It can help you feel better, boost your energy, manage your weight, and prevent work-related injuries.

Below are several exercises that use your own body weight as resistance. These can be performed in the office, around the truck, or at home. Be sure to consult your physician before starting any exercise program.



STRETCH

Before starting any exercise program, take a few minutes to stretch your body thoroughly and warm up your muscles.

JUMPING JACKS

Choose a flat and sturdy surface. Stand straight with your feet together and hands at your sides. Raise your arms quickly above your head while jumping and spreading your feet apart. Reverse the movement to jump back to the starting position.

STEP UPS

Place your right foot on a stair step or tractor step. Bring your left foot up so you are standing on the step. Use the grab bar for stability. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor.

BENT OVER TWIST

Stand straight with feet shoulder width apart. Raise your arms to your sides and bend over, rotating your torso and touching your left shin with your right hand. Stand and touch your right shin with your left hand. As you progress, try reaching for your feet instead of your shins.

PUSH UPS

Lie in a facedown position with palms down on the floor. Lift yourself up with your arms, keeping your back and legs straight until your arms have straightened. Lower yourself slowly, keeping your elbows pointed close to your body. Start out with a few reps and build from there. You can also modify your technique by placing your knees on the ground.

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One of the best proven ways to stay on track with healthy lifestyle choices is by keeping a food and fitness journal; it will keep you accountable to yourself. A healthy lifestyle is a choice and it is essential to you and for everyone's safety on the road.

THE FIRST AREA OF FOCUS IS A HEALTHY DIET:

- Eat fruits and vegetables daily. They are a good source of nutrients; they are associated with reduced risk of many chronic diseases; and they are lower in calories.
- Drink water. Drinking water boosts your energy, helps you feel full, and nourishes your skin by flushing impurities and improving circulation.
- Choose smaller portions and stock up on healthy snacks.
- Eat when you're hungry. Do not eat when you're bored.
- Eat slowly. Stop eating when your body registers it is full.

ANOTHER AREA OF FOCUS IS EXERCISE & FITNESS:

- Avoid inactivity. Some physical activity is better than none.
- Regular physical activity helps build and maintain healthy bones, muscles, and joints, increases strength and endurance; manages weight; controls blood pressure; and relieves feelings of stress.
- Walk 15 minutes at least 3 times a week. Start at a slower pace to warm up, then walk at a brisk pace, and then again at a slower pace to cool down. Increase a few minutes every week until you reach a goal of 30 minutes 3-5 times a week. After your walk, be sure to stretch to maintain your flexibility.



Knowledge Verification

Driver's Name: _____ Driver's Signature: _____

Witness Name: _____ Date: _____

Please answer, and forward a completed copy to your Safety Department/Safety Representative.

- | | | |
|---|------|-------|
| 1. Exercise is a great solution. It can help you feel better, boost your energy, manage your weight, and prevent work-related injuries. | True | False |
| 2. Some physical activity is better than none. | True | False |
| 3. Sleep is not an important factor as far as health is concerned. | True | False |
| 4. Drinking coffee or soft drink is a good practice for sound sleep. | True | False |

Answers:
1. True
2. True
3. False
4. False