

TRUCK DRIVER HEALTH

Commercial truck drivers are critical to the country's distribution and transport network. So, when drivers' overall health and wellness suffer, everyone is potentially affected.

6 WAYS TO STAY HEALTHY ON THE ROAD

1 DIET & NUTRITION

- Prepare food in advance
- Focus on nutritious foods
- Drink plenty of water
- Replace traditional meals with a small portion every 3 hours

2 SLEEP HABITS

- Create a routine
- Avoid screen time before bed
- Block light and wear earplugs
- Limit naps to 30-45 minutes

3 PHYSICAL ACTIVITY

- Plan time for exercise
- Cardio, strength training, and stretching
- Focus on body-weight exercises
- Consider breathing exercises

4 MENTAL HEALTH

- Schedule extra route time and time to recharge yourself
- Get outside whenever possible
- Bring some comforts from home
- Stay connected with friends and family

5 ERGONOMICS

- Adjust your seat for proper position and lumbar support
- Pay attention to your posture
- Adjust your position periodically

6 SKIN SAFETY

- Wear sunscreen, quality sunglasses, and proper clothing
- Be mindful of peak hours
- Be mindful of any discoloration in your skin

DRIVER STORIES

Learn how four drivers found health and happiness in their driving careers:



YOUNGER
DRIVER SHARES
WEIGHT LOSS
JOURNEY



SEASONED
DRIVER SHARES
HEALTH
JOURNEY



FEMALE DRIVER
ADOPTS
A DOG



DRIVING COUPLE
ADOPTS
A CAT



QUESTIONS? Contact TrueNorth's TRUEAdvocate Team:
888-655-9980 | trueadvocate@truenorthcompanies.com
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