

STAYING HEALTHY WHILE ON THE ROAD

A Guide to Eating Healthy & Exercise for Truck Drivers

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HEALTH & WELLNESS

Factors that play into Health & Wellness for Drivers

- **Long Periods of Sitting** can lead to adverse health effect including high blood pressure, increased blood sugar, weight/fat gain in the midsection and abnormal cholesterol levels
- **Unrestful Sleep & Insufficient Sleep** can lead to fatigue, drowsiness and elevated cortisol which is a stressor hormone
- **Mental & Physical Overload** can be impacted by long periods of time away from home, stress of driving on congested roadways and an improper diet could lead to feelings of stress, anxiety and fatigue.
- **Good Eating Habits** might be overlooked due to limited choices on the road, limited time and cost

Focus on the quality of your food choices rather than the quantity. Studies show that people who consume more whole food sources have a lower body composition compared to those who consume high amounts of processed foods.



Macronutrients

Carbs are the body's main source of fuel and are easily used by the body for energy. Sources include; Grains, Fruit, Potatoes, Starchy Vegetables, & Sugars. Carbs offer 4 calories per gram

Protein is essential for growth, tissue repair, immune function, building lean muscle, hormone function, and more. Sources include; Meat, Poultry, Fish, Eggs, Dairy, Nuts, and Legumes. Protein offers 4 calories per gram

Fats are essential in cell, nerve tissue, and hormone production. Fats are essential for absorbing fat-soluble vitamins A, K, D, and E Sources include; Olive oils, nuts, avocados, fatty fish. Fats offer 9 calories per gram

Vitamins are necessary for energy production, immune function, blood clotting, and other functions. Minerals such as calcium, iron, and zinc, play an important role in growth, bone health, fluid balance, and several other processes. An adequate intake of all micronutrients is necessary for optimal health, as each plays a specific role in your body.



Tips for getting started on the road to healthy eating

- It can be overwhelming at first, but focus on making small changes that will create healthy habits.
- **Avoid processed meats and foods-** Processed meats and foods are high in sodium and saturated fats. They also tend to contain less nutrients. Opt for more whole food choices when available
- **Moderate sugar/sugary drinks-**sodas, sweetened coffees, and energy drinks can add up quickly in calories and sugar. Swap for water, seltzer/sparkling water, unsweetened tea, and 0 sugar drinks like Powerade Zero, Gatorade Zero
- **Eat More Fiber-**Fruits, Vegetables, and Nuts/seeds will help to keep you fuller longer, balance blood sugar levels, provide more nutrients and tend to be less in calories compared to other snacks. Instead of chips or candy, opt for trail mix, pistachios, dehydrated fruit or vegetable chips. Vitamin Water 0, etc
- **Eat smaller more often-**Eating five to six small meals/snacks every 3 to 4 hours will help control portions, prevent overeating, cravings, and also keep your blood sugar stable between meals.
- **Eat out less-**It can be easy to just eat at the fast food places near/in the truck stops versus packing your own meals. However, fast food meals tend to be higher in calories, fat, sodium and lower in nutrients. Packing some of your own meals/snack can help control the content of your food.

Tips for getting started on the road to healthy eating

- **Keep Sodium in Check**
Don't add salt to your foods. Opt for baked/grilled choices versus fried OR smoked.
- **Skip the Sugary/Sweet Drinks**
Sugary drinks have no nutritional value. Opt for water, unsweetened tea, and low-fat milk.
- **Skip the Sugary/Sweet Drinks**
Condiments, sauces, and dressings can add up quickly when it comes to calories, fat, and/or sugar. Opt for low fat dressings, ask for sauces on the side to control quantity,
- **Eat More Vegetables**
Order sides of leafy green salads OR cooked vegetables. Opt for a fruit or veggie instead of chips/fries.
- **Go for Whole Grains**
Whole grains have more fiber to keep you fuller longer. Opt for whole wheat breads, wraps & pasta. Also, dishes made with whole grains such as brown rice, quinoa, barley
- **Know Before You Go**
Looking up nutrition facts ahead can help to choose the best option and/or know what modifications to make

- Most restaurants pack their plates with portions that are often two-three times the recommended serving size.
- They can have up to 40% more calories, fat and sodium compared to home cooked/prepared.
- The average Female needs 3-4oz (1 palm size) and Males need 5-6oz (2 palms) of lean protein per meal
- Using a Visual guide as shown, can help to control portion sized while on the go

EASY PORTION CONTROL



1 OUNCE (2 tbsp)

nuts	dressings	spreads	oils

1 CUP

veggies	grains	fruit

3-4 OUNCES

chicken	tofu

Save This! ↓

Packing For the Road

Packing your own meals/snacks allows you to control fat, calories, sodium/salt content of your food.

Focus on foods with high protein and fiber to help you feel fuller longer. Opt for fresh choices versus processed, packaged junk food(s).



Protein is key a satisfying meal/snack

- Protein increases feelings of fullness
- It keeps blood sugar levels stable reducing cravings and overeating
- Protein is essential to help build lean muscle which in return helps promote weight/fat loss
- The recommended intake is approximately **25-30 grams of protein** per meal

HIGH PROTEIN PACKABLE SNACKS



protein shake



jerky



greek yogurt



tuna pouch



cottage cheese



chicken packet



hardboiled eggs



chocolate milk



string cheese



deli meat



protein bar



edamame

No refrigeration? These are some easy, non-perishable macro-friendly (healthy) food items you can pack on the go.

NON-PERISHABLE MACRO-FRIENDLY FOODS



PIC-COLLAGE

Other items include fresh fruits like apples, bananas, clementines, peanut butter, rice cakes, pre-popped popcorn, veggie chips, applesauce, no sugar added fruit cups.

Sample Meal Plans

- **Breakfast**

Oatmeal, Hard Boiled Eggs, Fruit
Yogurt or Cottage Cheese + Granola

- **Lunch**

Turkey or Tuna Whole Wheat Wrap, Fruit or Veggies
Grilled Chicken Sandwich + Side Salad

- **Dinner**

Rotisserie Chicken, Minute Rice, Steamed Vegetables
Chipotle or Qdoba Chicken Bowl

- **Snack**

Jerky, Popcorn
Protein Shake, Apple, Peanut Butter
Protein Bar
Veggies (Carrots, Bell Peppers, Celery), Hummus, Crackers



Staying Healthy on the Road with Exercise

- Regular exercise can reduce the risk of type 2 diabetes, heart disease, and many other chronic diseases.
- A study found that replacing 30 minutes of sitting with light activity reduces your risk of early death by 17% and 35% when performing moderate to vigorous activity



Simple ways to stay active

- Pack a jump rope to use at rest stops for a quick cardio session
- Plan a walk, jog or run at one of your stops
- Using resistance bands or water jugs, coolers, & everyday objects to add weight to exercises.
- Invest in easy transport equipment such as dumbbells, kettlebells, TRX system, resistance bands, etc
- ***Did you know?*** 32 laps around a tractor trailer is equal to a mile.



7 RULES OF ON-THE-ROAD FITNESS

1. Make Time- Make an effort to workout for *at least 30 minutes* per day.

2. Make it Count- Get the most out of your workouts by doing more intense exercise, **exercising at 75-80% max heart rate**. Quality is better than quantity. Therefore a short, high intense workout can be more efficient.

3. Multi-purpose- Working multiple muscle groups simultaneously will not only cut down on time of the workout, but also allow you to burn more calories.

4. Make a plan- Planning out your workouts ahead will also save you time, versus trying to look up something as you go. Make it part of your route planning

5. Variety- It can be easy to fall into the habit of doing the same thing over and over. Constantly switching up your exercise routine will keep the body guessing and allow for continued progress.

6. Post workout nutrition- Be sure to eat within 20-30 minutes post workout. Focus on quick digesting source of protein such as a whey-isolate shake. Nutrition is crucial for optimal recovery and replenishment.

7. Track your Progress- An exercise log can show your progress. No matter your nutrition and fitness goals, tracking your efforts helps to reach your goals, generate new goals and helps to stay motivated even after a long day of driving

There are numerous exercise resources online that are free and can be completed with little to no equipment.

[Nike Training Club \(NTC\)](#)- offers a variety of workouts including body weight, yoga, HIIT, and full gym workouts.

[My Transphormation Starts Today](#)-This is an all in one app that includes both workouts and nutrition. You can upgrade to premium for as little as \$4/month for customized nutrition & various workout programs

[Sworkit](#)- At home fitness plans that allows you to choose the length of workout, from 1 minute to 90 minutes, and provides you the variety including strength training, cardio, yoga, and more.

[WODWell](#)- 100+ No Equipment Workouts



THANK YOU!

