



Name: \_\_\_\_\_ Company: \_\_\_\_\_

## Health and Wellness

Truck driving can affect a person's life style. Potentially spending up to 11 hours a day behind the wheel, irregular sleep schedule, unbalanced diet and excessive stressful situations all affect one's health. Maintaining control over one's health while on the road can be difficult.

Listed below are some tips that can assist in helping promote a healthy lifestyle.

### 1. Stay hydrated

- The body doesn't let you know it needs water until you are already dehydrated
- Dehydration can contribute to feeling tired

### 2. Avoid extensive use of caffeine

- High doses of caffeine can have unpleasant side effects
- Anxiety, insomnia and fatigue are potential symptoms of caffeine

### 3. Balanced diet

- A diet consisting of lean meats, fruit and vegetables promotes energy and alertness
- Large high calorie meals rob the body of energy to digest which results in fatigue

### 4. Allowing time for sleep

- Most adults need 7-8 hours of sleep
- Attempt to reduce nicotine and caffeine intake several hours before sleep
- Avoid big meals and exercise before bed
- Lack of sleep reduces the ability to critically think and make split second reactions



### (True or False)

1. Lack of energy and fatigue can negatively impact a person's ability to safely drive?
2. An unhealthy life style can be dangerous to one's self and the people around him/her?