



Hill International Trucks

On the Road Fitness

Now that the holiday season is behind us and the New Year has started, it gives us the opportunity to focus on new goals and resolutions for the New Year. Long haul drivers know the importance of taking care of their bodies on the road by eating right and maintaining a healthy diet. There is an additional step to help drivers on the road not only maintain health, but to stay alert longer. Staying active on the road while also maintaining a consistent diet, can improve results and keep drivers healthy. Below are some On-the-Road Fitness tips you can try next time you are on the road!

1. Exercise everyday – Make it a goal to exercise for at least 15 minutes per day. You don't have to have access to a gym, or need a routine. Talking a walk, run, or even thinking up a routine to do outside of your truck will do the trick. Getting the blood pumping will actively replenish your joints for long haul driving.

2. Work out multiple muscle groups – Receiving a full body workout will help you work out more efficiently and get back on the road quicker. A full body workout burns more calories, builds more muscle, increases strength, maximizes flexibility and increases flexibility.

Below are links to exercises you can do in or outside of your vehicle:

<http://www.livestrong.com/article/462361-exercises-that-truckers-can-do-in-their-vehicle/>
<http://truckersfund.org/5-ways-exercise-truck/>

3. Replenish your body after a workout – Recent studies have suggested that 20 grams of protein after your workout is the best for replenishing the body and building lean muscle mass. This is an important tip to recover sore muscles quickly.

4. Eat small snacks every 3 or so hours – Eating more frequently and in smaller portions helps deviate from late night binging. (Remember to pack healthy snacks)

5. Keep track of your performance – Log your fitness and health results to keep track of your performance and goals you would like to achieve.



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