



Hill International Trucks

5 Tips to stay healthy on the road!

1. Sleep

Keeping your body and mind healthy on the road means to letting it recover from a day's journey. It is understandably hard to get a good night's rest on the road, but allowing your body to sleep an extra 1-2 hours will help you stay focused and energized for a new day. Getting extra sleep can help you lose weight and lower stress. It's not about where you are when getting sleep, It's about the quality and amount of sleep.



2. Stretch

Sometimes it's unreasonable to think that it is possible to exercise daily on the road. The last thing you want to think about after a long day on the road is finding the willingness to exercise. Going through a stretching routine is a good substitute to exercising or going through a full workout. Stretching will help provide flexibility, alleviate back pain, decrease injuries, and mobilize joints after a full day of travel.

Check Out -Healthytrucker's Youtube channel - stretching routines
(Link at the bottom)



3. Eat Healthier

This is the golden rule to staying healthy on the road. Eat "healthier" to be a fitter driver. Eat less fast food and processed snacks and substitute them for better alternatives.

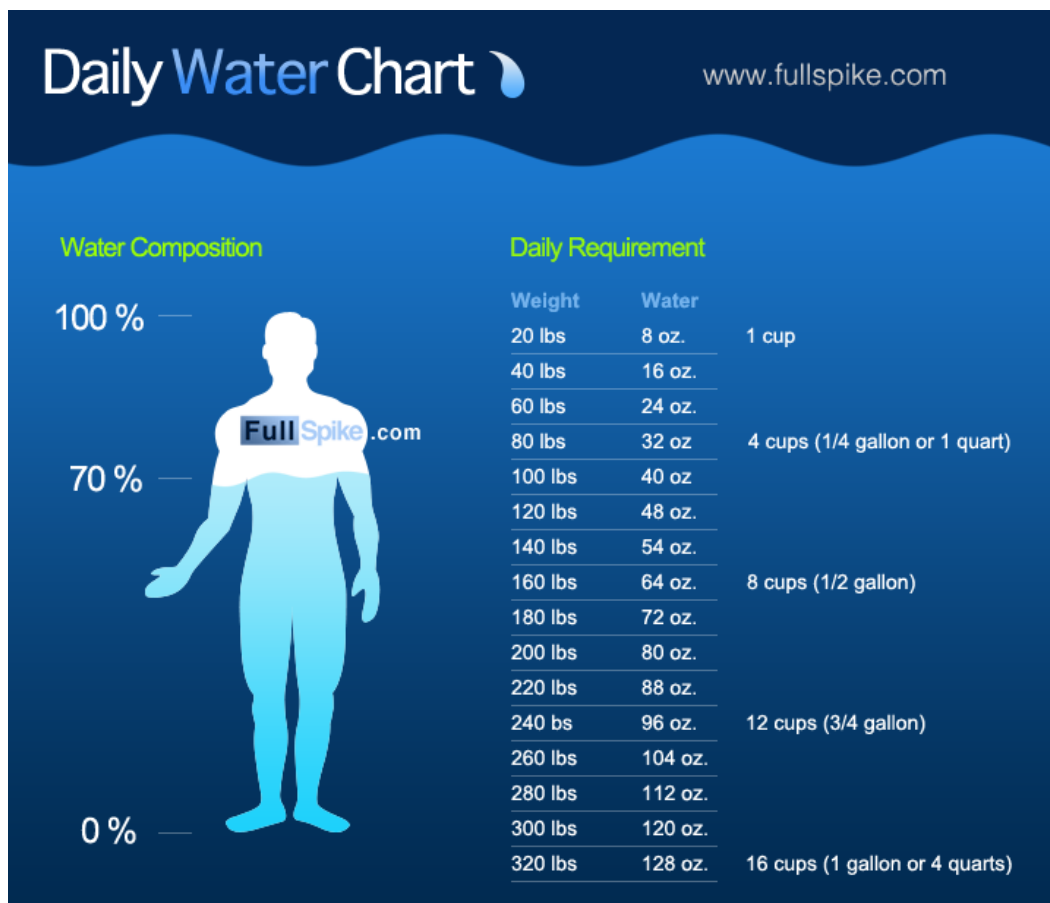
Eat Healthier Video: (Scroll to the bottom)

What if I told you the incentive wasn't to look better physically, but to create more personal uptime for you, the driver? Incorporating fruits, vegetables, and lean protein boosts vitamin C and other deficiencies that can prevent germs. Staying on the road longer and more alert creates more opportunity and that creates a healthier bottom line.



4. Drink Water

Water not only helps your immune system recover and stay stable, but can essentially lubricate muscles and joints to help soreness when driving. Drinking extra water also helps in general weight loss. Think about drinking a bottle of water when cravings happen. I know it's not practical, but could solve your problem relatively fast and easy. 13 cups of water is recommended on average for an adult male.



5. See Loved Ones

A lot of emphasis is focused on physical health rather than mental health. Being on the road for long periods of time can leave you emotionally drained and in need of loved ones to boost your morale. Take that extra day to stay home, or even an extra 5 minutes to call on the road can make all the difference for you and the family you care for.



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