

I. Fatigue Management and Driver Wellness Program

We recognize that making healthy choices on the road can be difficult, but it is our hope to create a program that can provide you with resources and information that you might find to be helpful. We welcome any input on the type of information that you would like to have available. Below we have compiled just a few pointers.

- Get enough sleep
 - Review your sleeping environment to make sure you are comfortable and have no interruptions.
 - Take a nap. Ideally, a nap should last up to 45 minutes. Allow at least 15 minutes after waking to fully recover before driving.
- Maintain a healthy diet
 - Skipping meals or eating at irregular times may cause fatigue and/or food cravings.
 - Locate healthy options on the road
 - Healthier foods will give you energy
 - Energy-boosting snacks:
 - mixed nuts: almonds, peanuts, and cashews
 - fruits such as bananas, strawberries, blueberries, and apples
 - peanut butter
 - dark chocolate
 - popcorn
- Exercise regularly
 - 20 minutes, three times a day of easy exercise will help combat fatigue.
 - Make exercise part of your daily routine:
 - Take laps around your truck. 34 laps around a big rig is one mile.
 - Walk around the parking lot
 - Do jumping jacks
 - Keep dumbbells in the cab of your truck to lift while on break
 - Be sure to stretch often
- Reduce caffeine
 - Excessive intake of caffeine can cause insomnia, headaches, irritability and increase anxiety.
 - Drink plenty of water. Dehydration is a key factor in feeling fatigued.
- Quit smoking
 - Quitting smoking can be very difficult for some people but it will also be the best thing to do for your health.
 - Take baby steps and reward yourself
 - Try to substitute snacks for cigarettes such as fresh fruit, granola bars, and nuts
- Avoid medicine that cause drowsiness

- Especially important during cold, flu , and allergy season.
- Make sure to check label for indication that you can can operate vehicles or machinery.
- Recognize the signals and dangers of fatigue
 - Indicators of fatigue:
 - heavy eyes
 - frequent yawning
 - blurred vision
 - drifting over lanes
 - delayed reactions
 - sore eyes
 - variations in driving speed

Tips for Eating Healthy on the Road

1) Drink water.

We all know that to stay healthy, it's important to drink lots of water. Drinking enough water every day helps keep your energy up, which is something all truck drivers need to be conscious of! It also fends off dehydration, which can lead to fatigue, muscle weakness, dizziness, and headaches.

So... how much water should you actually drink?

Many people are familiar with the "8 by 8" rule, which states that you should drink at least eight 8-ounce glasses of water a day. This rule isn't always accurate since everyone has different body types and lifestyles, but it's a good guideline. Remember that food provides about 20% of your total water intake. Many fruits and vegetables are about 90% water and these count as part of your daily intake, too.

Another good guideline for how much water you should drink is to take your weight, divide it in half, and drink an ounce for each pound. Example – if you weigh 200 pounds, you should be drinking 100 ounces of water a day. That's about 5 bottles of water.

2) Plan your route.

Before you take off for the day, sit down and calculate how far you're going to drive. Then figure in how often you're going to stop, and when you're going to eat along the route. Make sure that if you have to get fast food, that there are healthy options around. I'd recommend investing in a cooler or a mini-fridge to keep in your truck. Stock it with healthy foods like deli meat, fruits, and vegetables. If you have a healthy lunch already packed, you'll be less inclined to stop for that double cheeseburger and fries. Think of all the money you'll save by packing your own lunches!

3) Eat before you're hungry.

If you wait to eat when you're really hungry, you might eat unhealthy foods that you probably shouldn't be having. But if you eat before you're starving, you don't risk overeating. Don't stuff your face if you've just eaten, but by the same token, don't wait until your stomach's about to cave in on itself to have lunch.

Watch out for unconscious eating! Don't eat your meals while you're reading, watching TV, or surfing the net. This can cause us to overeat. By focusing your attention solely on eating, you'll savor your food and be more aware of when your body is actually full.

4) Eat a healthy breakfast.

We've all heard it – it's important to eat a healthy breakfast every day! Many people skip breakfast because they think it'll help them lose weight, but it can actually have the opposite effect and lead to weight gain. By skipping breakfast, you'll get hungry quicker and you'll overeat at your next meal. So what are some easy, on-the-go breakfast meals for truck drivers?

Fruit and cheese cubes are easy to store in a cooler or mini fridge.

Hard boiled eggs. Before you leave, boil a few eggs to take along in your cooler.

A breakfast wrap with a whole wheat tortilla, turkey, and low fat cheese will target multiple food groups. Also try one with peanut butter and bananas. Yum!

5) Eat small, healthy snacks throughout the day.

Studies say you should eat smaller meals every few hours instead of three large meals. This means you should have healthy snacks between breakfast, lunch, and dinner. Eating smaller snacks throughout the day prevents you from becoming so hungry that you grab something unhealthy. And no, potato chips are not a healthy snack. Think along the lines of unsalted cashews and almonds, fruit, string cheese, or peanut butter on whole grain crackers.

6) Eat a healthy lunch.

Lunch should be smaller than breakfast. Stay away from fast food! Some good lunch options are salads and deli sandwiches with greens on them. Remember, loading on the mayo and mustard makes that healthy deli sandwich...not so healthy anymore. Also make sure to check the nutrition facts on your deli meat – some pre-packaged meats contain exorbitant amounts of sodium.

7) Eat a healthy dinner.

Contrary to common American behavior, dinner should be your smallest meal of the day. Stick to foods like beans, rice, and soup. And even though you might be on a tight schedule, don't eat dinner too close to bedtime (see next point).

8) Don't eat before bed.

It takes a lot of work to digest large meals. Refrain from eating 1-3 hours before bed as it makes your digestive organs work hard when they should be winding down and preparing your body for sleep. If you eat before bed, you risk the quality and length of your sleep, making you tired, sluggish, and an all around grump the next day. If you find yourself hungry before bed, try drinking lemon water or decaf tea or coffee.

More Snack Ideas:

- dry roasted, unsalted nuts
- fresh or dried fruit
- hummus and veggies
- energy bars
- hard boiled eggs
- string cheese and fruit
- rice cakes and peanut butter
- low sodium beef jerky

If you must eat fast food....

To help you navigate your way through the drive-thru, here are healthier meals to consider ordering the next time hunger strikes while you're on the road:

BREAKFAST OPTIONS

Starbuck's Spinach and Feta Breakfast Wrap

Panera Bread's Power Breakfast Egg Bowl with Steak

McDonalds Fruit & Yogurt Parfait

Taco Bell A.M. Grilled Egg & Cheese Taco

LUNCH & DINNER OPTIONS

Panera Bread's Power Chicken Hummus Bowl

Subway's 6" Oven Roasted Chicken Sub (Served on 9-grain wheat bread with lettuce, tomatoes, onions, green peppers and cucumbers.)

Chipotle Steak Burrito Bowl with Romaine, Fajita Vegetables, Black Beans and Green Tomatillo Salsa

McDonalds Premium Grilled Chicken Sandwich

Quiznos' Small Tuna Sub with Cheese (Just ask to hold the dressing)

Wendy's Asian Chicken Salad (Large salad with 1 packet of dressing)

Burger King's Premium Alaskan Fish Sandwich Meal

Subway's 6" Roast Beef Sandwich and Crunchy Apple Snapz

Wendy's Ultimate Chicken Grill Burger (Open-Faced) and Small Chili

Arby's Turkey Classic and Side Salad with Light Italian Dressing

Taco Bell's Fresco Grilled Steak Soft Taco (2) and Black Beans

Chipotle Salad

Panera Bread's Half Roasted Turkey & Avocado BLT on Sourdough & Low Fat Garden Vegetable with Pesto Soup

McDonald's Cheeseburger and Kid Size French Fries

Starbucks Chipotle Chicken Wraps Bistro Box and Café Latte

Chick-fil-A Chargrilled Chicken Sandwich and Medium Fruit Cup

*Nutrition Note: Many fast foods, even the healthier options, contain a lot of sodium. These meals provide more than 35% (805 mg) of the daily recommendation for sodium. Try to select lower-sodium foods at other meals & snacks throughout the day to balance it out.