

SEASON'S GREETINGS

FIT MINUTE

by Matt Hancock

IT'S COLD OUT. SUNLIGHT AND MOTIVATION ARE FLEETING...that can only mean one thing, winter is coming. With winter comes colder temperatures and more excuses why you can't workout or eat healthy. Those excuses come from the old you who never lifted a finger to workout in the cold, or who always ate fast food because it's easier. Today, make a choice to change that old mindset. You need to remind yourself everyday that BEING HEALTHY IS HARD WORK!! Your health and weight didn't get in the place you're at overnight. For better or worse it's all a process. A series of choices that made you what you are today. It's time to start making choices that align with your goals. Want to lose weight? Eat less, eat the right foods, and move more. Don't have the time? There are 24 hours in a day. Even if you're team , running 22 hours a day, there are breaks built into your day to move more. Pre/post trip, lunch breaks, when you switch drivers, etc. Choose to be healthy instead of sitting back and watching life pass you by. Start your journey by looking at your day differently to start viewing your "Breaks"

CURRENT PROGRAM- EVERYBODY. EVERYDAY RUNS
THROUGH DECEMBER 20
NEXT PROGRAM-WINTER WARRIORS-SIGN UPS
AVAILABLE IN JANUARY ON WEBSITE!!

as opportunities to move more. The following sequence is an easy, quick way to start moving more during your day. It's called the "Tabata Method." This is an exercise method aimed at doing 4 minutes of total work broken up into 8 rounds of 20 seconds work, 10 seconds rest. Research has shown that this method can be just as beneficial as doing 60 minutes of walking or slower cardio work!!! Try doing one session of this method per day to start out if you're new to exercise. For beginners, just try walking or light jogging for 8 rounds. For more seasoned athletes I recommend using pushups, squats, or mountain climbers in your truck cab using the same 8 rounds. To get started all you have to do is download a Tabata timer app on your phone and pick two exercises to alternate back and forth on. It's time to start moving more everyday, and this is how you can start!!

SHOULD I GO KETO

BY MATT HANCOCK

The keto diet aims to force your body into using a different type of fuel. Instead of relying on sugar (glucose) that comes from carbohydrates (such as grains, legumes, vegetables, and fruits), the keto diet relies on ketone bodies, a type of fuel that the liver produces from stored fat. Burning fat seems like an ideal way to lose pounds, but getting the liver to make ketone bodies is tricky. It requires that you deprive yourself of carbohydrates, fewer than 20 to 50 grams of carbs per day (keep in mind that a medium-sized banana has about 27 grams of carbs). It typically takes a few days to reach a state of ketosis. Because the keto diet has such a high fat requirement, followers must eat fat at each meal. In a daily 2,000-calorie diet, that might look like 165 grams of fat, 40 grams of carbs, and 75 grams of protein. However, the exact ratio depends on your particular needs. Unfortunately, the ketogenic diet has numerous risks. Top of the list: it's high in saturated fat. Other potential risks include nutrient deficiency, liver problems, kidney problems, fuzzy thinking and mood swings. If you decide to try this diet I recommend that you monitor cholesterol levels yearly by visiting your doctor because of the link from too much fatty foods and heart disease. This diet may help some people with type 2 diabetes because it allows the body to maintain glucose levels at a low but healthy level as well. The lower intake of carbohydrates in the diet can help to eliminate large spikes in blood sugar, reducing the need for insulin. The bottom line is that if you've tried this diet and it works and you're able to fit it into your overall lifestyle, go for it. It's also great for those with Type II Diabetes and for those trying to lose weight. Just take precautions if you do it long term.

RECIPE OF THE MONTH

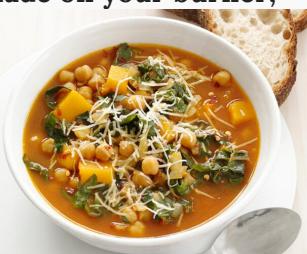
Healthy Slow Cooker Squash Stew

This healthy recipe can be made on your burner, crockpot, or instapot!

- Prep time-20 minutes
- Cook time-10 minutes
- Inactive time-8 hours
 - Makes 4 servings

Ingredients

- 3 tablespoons olive oil
- 1 medium onion, thinly sliced
- 2 cloves garlic, sliced
- 2 tablespoons tomato paste
- 1/4 teaspoon red pepper flakes
- 1 and 1/2 cups dried chickpeas
- 1 butternut squash, peeled and cut into large pieces
- 1 bunch Swiss chard, leaves and stems separated and roughly chopped
- 1 container Parmesan cheese for topping
- Salt and pepper to taste
- Crusty bread as a side dish for dipping



Instructions

- 1.) Add the onion and garlic into crockpot. Stir in the tomato paste and red pepper flakes and cook stir well. Stir in 1/2 cup water.
- 2.) Add the chickpeas, squash, chard stems (not the leaves), the Parmesan rind, if using, 2 teaspoons salt and 7 cups water to the slow cooker. Stir, then cover and cook on low, 8 hours.
- 3.) Just before serving, lift the lid and stir in the chard leaves; cover and continue cooking 10 more minutes. Season with salt and pepper, and stir to slightly break up the squash. Discard the Parmesan rind, if used. Ladle the stew into bowls; top with the grated Parmesan, if desired, and serve with bread and/or lemon wedges.

Nutrition Facts

Serving size: 1.5 cups | Calories 459 | Carbs 49g
Protein 38 g | Fat 13 g | Sodium 834 g | Fiber 18g



FIND YOUR WHY

by Emily Plummer

I started driving for Prime in 1999 when I was only 22 years old. Back then, like most 22 year olds, I wasn't really concerned about my health. I ate whatever I wanted because I never thought it would actually affect me. I didn't start focusing on my health until the doctor gave me the scare of a lifetime. I knew then and there that if I was going to enjoy life to its fullest that I had to take a completely different approach with my health choices.

My health journey started with an emergency room trip due to having pneumonia. It was there that the doctor told me I had to start watching what I put into my body. He also told my that my blood sugar was through the roof and that I had an A1C of 13.9, and the scale only goes to 15. My blood pressure and cholesterol levels were also sky high which really opened the door to either start making healthier decisions, or be forced to quit the job I loved as a Prime driver, and possibly even worse if i didn't get my blood sugar and cholesterol levels under control. The doctor recommended I look into the Keto diet. He said that if I followed it I would be able to lower my A1C and possibly even get off medication. I wasted no time and started doing research and began following the Keto diet immediately as of October 2017.

Once I began the Keto diet I took a little bit of a different approach than most people do. I didn't really focus on my weight, but instead decided to really hone in on lowering my blood sugar levels. Once I learned how to lower those sugar levels the weight started to fall off. Now-a-days my number one priority is maintaining healthy sugar levels so that I can continue to be a Prime driver. I know if I don't make my health a priority I might lose this job that I have grown to love so much since starting some 20 years ago.

"I didn't start focusing on my health until the doctor gave me the scare of a lifetime."

- EMILY PLUMMER-PRIME DRIVER



FIND YOUR WHY

Over the years I have learned some invaluable lessons about practicing health in my own life. Number one rule: Know that you are important! Don't wait until a doctor scares you with some awful health news. Start taking steps in your health journey before it gets to that point. Rule number two; start slow. You will mess up. You will eat something you shouldn't. But that's all okay. Just remember to stay consistent by learning from your mistakes so that they are less likely to happen the next time around. Never be afraid to ask questions and ask for help, that's what the Prime Driver Health and Fitness program is there for. Use the driver health program as a support team and you'll start to see some amazing results. There are so many other drivers going through what you are, so just remember you're not alone in this fight! Rule number three; get a plan. One thing I do now-a-days is to schedule my meals. In the morning when I wake up I'll pack my lunch and set it beside the seat. I don't leave snacks beside the seat anymore, instead I make it a priority to park and get up to get a healthy snack. This helps me get a little exercise and keeps me from mindlessly snacking throughout the day.

Love yourself enough to want to get healthier for your family, your kids, and yourself most importantly. The smallest changes can mean a world of difference. Don't be too afraid or stubborn to reach out and ask for help. Food can be an addiction that we sometimes ignore, but trust me, we can break the cycle. My heaviest weight was 325 pounds and let me tell you when the weight started falling off I felt so much better. Plus, with the extra weight loss I was able to get off the dreaded CPAP machine. I still have goals I'd like to hit with my weight, but I'm definitely better off than I used to be. Since October of 2017 I've lost a total of 118 pounds and am healthier and happier than ever before!

"Love yourself to want to get healthy for your family, your kids, and yourself most importantly." -Emily Plummer-Prime Driver

OUR FIRST ANNUAL DRIVER "GIVE BACK"

Calling all Prime driver animal lovers!!!! We are doing our first "Give Back" to benefit Rescue One, an animal rescue center in Springfield, MO. This organization has saved countless dogs and cats from being euthanized or homeless. To make a difference this holiday season I've started a boxed supply drive in the Springfield terminal and a go-fund me page. If you can't get to a store to get supplies you can donate money to the page and Rescue One will use it to go pick up items on the list for you. This is a non-profit volunteer agency so everything you donate will go directly to getting supplies off their Holiday Wish List. Help me to give back this holiday season by helping those that can't help themselves. They also have a lot of truck friendly dogs that would make great over the road companions. Check them out at rescueonespringfield.com. This Give Back will be going through December 20th so don't wait too long to donate. Thanks so much!

Go-Fund me page to donate money:

[https://www.gofundme.com/f/rescue-one-holiday-supply-drive?
utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1](https://www.gofundme.com/f/rescue-one-holiday-supply-drive?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1)

Dates to know:

November 11th-December 20: Everybody. Everyday. Program

January(Exact date TBD): Winter Warrior challenge begins



GET IN TOUCH

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