



FIT MINUTE

by Matt Hancock

SAVE YOURSELF...From achy joints and pains. Simply sitting in the driver's seat of a truck all day could be having serious consequences for your health. Truckers face greater incidences of musculoskeletal problems that accompany excessive sitting. These include back and shoulder pain, arthritis and more. Prolonged sitting also increases the risk of deep vein thrombosis, which happens when a blood clot forms in a deep vein. This can lead to illness and disability. So how do we avoid these problems in a profession where you sit for a living? Start by moving. 32 times around the truck is a mile. Keeping it simple by adding some walking and stretching into your daily routine can do wonders for your muscles and bringing fresh oxygen rich blood into your joints. A pair of studies from the University of Exeter found that a 15-minute walk can also curb cravings for chocolate and even reduce the amount of chocolate or sweets you eat in stressful situations. The latest research confirms their findings that walking can

SIGN-UPS NOW LIVE FOR THE EVERYBODY. EVERYDAY. PROGRAM!!! SIGN UP ON DRIVERHEALTHANDFITNESS.COM TO WIN PRIZES, LOSE WEIGHT, AND BE HEALTHIER!! STARTS NOV. 11TH

reduce cravings and intake of a variety of sugary snacks. When you get a craving try a walk instead next time.

Time a barrier? Fit exercise and walking into your day by incorporating it into those times you know you'll already be out of your truck. This can be on your pre/post trip inspection, when you switch drivers for team, or on your 30 minute break. Check out the website exclusively dedicated to our Prime Program at driverhealthandfitness.com. Here you'll find exercise programs suited to your on-the-road lifestyle ranging anywhere from 5-30 minutes in length. You'll also find tons of resources there to help you stay healthy on the road.

TRAINERS CORNER

BY MATT HANCOCK

For those of you who haven't met me yet I wanted to introduce myself and give you a look at who I am, why I'm here, and my mission for the Prime Driver Health and Fitness Program. I've been in the health and wellness field for over 8 years and am currently an Exercise Physiologist and Certified Health Educator. The reason I got into the health field and what drove me to take this position at Prime for our Driver Health Program is simple; to give you the necessary skills to make healthy choices and the perspective that YOU CAN be healthier in this industry regardless of all the barriers you face each day. I know the trucking industry is a cruel one to make healthy decisions, BUT, it doesn't have to be that way any longer. My mission in this program is to help you realize your health potential. This isn't a one sized fits all approach and I know you all have different goals. The driver health program will help you to reach your goals through accountability and fun, engaging programs and challenges. It will take hard work, but isn't it worth that small sacrifice if it increases your quality of life and allows you to spend more time with your loved ones when you're not driving? I want you to leave this profession better than you started and it all starts with this program. Participate, be engaged, encourage one another, and lets create a platform of health that Prime has never seen before.

RECIPE OF THE MONTH

Healthy Turkey Chili Recipe

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

- Prep time-20 minutes
- Cook time-1 hour
- Total time-1 hour 20 minutes

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 pound lean ground turkey
- 4 cloves minced garlic
- 1 tablespoon brown sugar
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons tomato paste
- 2 cups low sodium chicken broth or one 14.5 ounce can
- 28 ounce can fire roasted crushed tomatoes
- 15 ounce can kidney beans drained
- 15 ounce can black beans drained
- 15 ounce can pinto beans drained



Instructions

- 1.) Turn instant pot on saute setting. Add olive oil and onion and cook 2 minutes. Add the ground turkey and cook, stirring to crumble the meat, about 5 minutes. Turn off the Instant Pot and stir in the garlic.
- 2.) Add the brown sugar, chili powder, cumin, italian seasoning, salt, pepper, and tomato paste, Stir to combine. Add the broth and stir well, scraping up any bits from the bottom of the pot.
- 3.) Add the crushed tomatoes and then beans on top of the meat mixture and DO NOT stir in.
- 4.) Seal the Instant Pot lid and turn the valve to sealing. Pressure cook on high pressure for 12 minutes.
- 5.) Allow the Instant Pot to naturally release for 10 minutes (by leaving it off after it finishes cooking). Then, carefully do a quick pressure release (use a potholder or the handle of a long spoon to carefully turn the steam release valve to venting) to release the remaining steam and pressure. Once the float valve drops down, carefully open the Instant Pot.
- 6.) Stir and serve chili with desired toppings.

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 Chris Ebreo

My health journey started back in 2016 a year before I started OTR, I was twenty-one and weighed in at 480lbs. Working out wasn't new to me, as I participated in multiple sports throughout high school, but working out while maintaining healthy eating habits was a foreign concept.

2016 started like any other yearly physical, but this time instead of the doc telling me about my weight, he simply asked me if I wanted to live to see thirty. It was the wake up call I needed. Combined with the advice of my doctor and a nutritionist we set out a plan to cut the weight. It was a combination of lean protein, low carb, healthy fats and lots of cardio. The first year was difficult to get started, but simple because I always had regular access to a gym and grocery store. From 2016 to the start of OTR driving I was able to lose 200lbs. Then the game changed. Trucking definitely tossed my original health plan out the window, but I wanted to find ways to stay healthy and keep losing a few more pounds. At first it was a struggle to find consistency, but through trial and error, and the help of the driver health and fitness program I've been able to not only keep the weight off but lose another 40lbs since I started trucking, bringing my total lost weight to 240lbs.

"2016 started like any other yearly physical, but this time instead of the doc telling me about my weight, he simply asked me if I wanted to live to see thirty. It was the wake up call I needed.

- CHRIS EBREO-PRIME DRIVER



FIND YOUR WHY

For food on the road I try and stop at a grocery store every couple of weeks. The biggest thing for me is staying out of those truck stop isles as much as possible. My biggest concern when it came to working out was time, back home I would find myself in 1-2 hour sessions, but on the road as y'all know we don't always have 1-2 hours. I've started focusing on 5-10 minute sessions 4-5 times a day. Anything from Cardio to body weight exercises, time is very important to us truck drivers but if you want to make health a priority in your life you've got to set aside some time to exercise. That's why I prefer the 5-10 minute sessions; you can fit them in almost anywhere at any time. From unloading and loading at a shipper or receiver, a 10 hour break for solo drivers, or 30 minute break for team drivers.

The biggest thing for me and my motivation to keep going is understanding it's a lifestyle change not just a diet. I've really been enjoying the journey and rewarding myself along the way. I love to travel so I'll set a goal and when I hit that goal I'll take a trip. My first milestone I decided to go skydiving in Colorado and last year I took a trip to Guadalupe Island to go diving with great white sharks. For any driver looking to make a health change I would say it's not only physical test but also a mental challenge. If you want to meet your health goals you've got to make it a priority. It's easy to let our crazy schedules get in the way so you've got to commit time to it daily and stay consistent. Also consider finding someone to keep you accountable, whether it's the Driver Health and Fitness group or someone you know. Having that accountability really helps keep on track.

"THE BIGGEST THING FOR ME, AND MY MOTIVATION TO KEEP GOING, WAS UNDERSTANDING IT'S A LIFESTYLE CHANGE NOT JUST A DIET."

- CHRIS EBREO-PRIME DRIVER



GET IN TOUCH

Email: Mhancock@primeinc.com OR DHF@primeinc.com

Phone: (417)-521-3473

Facebook: "Prime Driver Health and Fitness" group page

Instagram: "Primefitfleet"

Website: Driverhealthandfitness.com

Dates to know:

November 11th: Everybody. Everyday. program begins. Sign up on driverhealthandfitness.com under "Programs" tab

January 6th: First half of Winter Warrior challenge begins

February 3rd: Second half of Winter Warrior program begins