



FITNESS MYTHS DEBUNKED

by Matt Hancock

The New Year is here. 2020 is fresh on our heels and with a new decade come new changes, new experiences, and possibly even a fresh start. It's time to hit those health goals and learn how to wade through all the misinformation out there to find the truth behind popular fitness myths. Be educated this year by not buying into the junk that "Fitness Sharks" will try to sell you. Rule #1-If it sounds too good to be true it probably is. You've probably heard that a million times, but it's very true in so many ways. Read below for some popular myths that I'm here to clear up for you.

MYTH #1-You can pick and choose which areas to lose weight.

FACT- Weight loss happens in a universal fashion. You can't pick to lose belly fat or arm fat. What you can do is start eating cleaner and build strength and gain muscle. Once you get more muscle in those areas the fat will naturally disappear. BUT, that comes from 90% of what you eat, and 10% exercise.

MYTH #2- Cardio is better than lifting weights for losing weight

- **Winter Warriors Program begins Jan 20-Feb 29**

- Sign up on driverhealthandfitness.com under "Programs" tab

- **New Prime Inc Driver Health Podcast is currently live!!**

- Go to your podcast app and subscribe today by typing in Prime Inc. to the search box

- **Brand New Incentivized Driver Wellness Program begins April 4, 2020!!**

- *You asked, we listened. Start getting paid for focusing on your health.
- *Stay tuned for further details in next months newsletter and by joining our Facebook group, "Prime Driver Health and Fitness."

**Certain rules and restrictions for participation and payout may apply. Further details to come in the future.*

FACT- Lifting weights not only burns calories while you're exercising, but also has an effect over the next 24 hours called EPOC (exercise post oxygen consumption). This means you'll burn almost twice as many calories over 24 hours as you would when you do cardio alone. Plus, more muscle means more calories burned. So to increase metabolism you need more muscle. Lift first, cardio second.

MYTH #3- If I skip meals, I can lose weight.

FACT: Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal. In particular, studies show a link between skipping breakfast and obesity. People who skip breakfast tend to be heavier than people who eat a healthy breakfast.

Knowing the truth behind these myths will help you start the new year off educated and aware of the path you need to take to lose weight. Read on to learn how to get started in a weight loss plan.

YOUR PATH TO WEIGHT LOSS

by Matt Hancock

Weight loss isn't achieved by dieting, but by a lifestyle approach. You can only have so much success with eating well. Sure you might lose weight, but when you add approaches for mental health, perspective, movement, and exercise you'll totally change your life not only in 2020, but for years to come. The key is to know how to get started though. Follow the chart below to know how to start and achieve your goals this year.

Step 1: Start

Write 2 specific goals. One is your goal. Your other is how you will reach that goal. Example: I want to lose 20 pounds by June 2020. I will do this by exercising 15 mins a day and learning how to meal prep.

Step 2: Get a Baseline

Get your weight and take a picture of yourself. This will be your baseline. Take every 1-2 weeks to gauge your progress. You can also judge this by clothes fitting looser or energy levels.

Step 3: Dial in the details

Learn how to meal prep through driverhealthandfitness.com and start tracking your meals through My Fitness Pal. This app is free and it will give you your recommended calories to eat each day to lose 1-2 pounds per week. Aim for a 500 calories deficit each day to lose 1 pound each week.

Step 4: Move

Use the exercises on driverhealthandfitness.com to make a routine that you can fit in your schedule every day. Aim for three 5 minute segments each day on busy days, and longer workouts on your days off. Track these through the Map My Fitness app. This will sync through My Fitness Pal.

Step 5: Trust the process

To get success you have to totally immerse yourself in this process. Make a calendar countdown for 12 weeks. Completely dedicate yourself to this plan for that 12 weeks.

Step 6: Stay Motivated

Find your motivation and stay positive. You're out on the road so I highly recommend audiobooks that will help you stay motivated. See my go to list on the following page.

Step 7: Reassess after 12 weeks

After your 12 week calendar is complete reassess your progress and continue process until your goals are reached.

DIETITIAN Q&A

BY SARAH WATERMAN, RD, LD

My passion for nutrition began at an early age, due to my parents having an interest in nutrition and exposing me to a variety of nutritious food. When it was time for me to go to college, I knew I wanted to choose a career where I could help people and be passionate about what I was helping people with. Therefore, nutrition was the perfect career path for me! After completing my Bachelor's Degree in Dietetics, I began my dietetic internship. In my dietetic internship, I reached out to Prime Inc. due to my interest in helping drivers. Nearly 2 years later, I am back at Prime as a Registered Dietitian. I could not be happier to be back and have the opportunity to help drivers!

Q&A:

Q: What is one thing someone can do to begin the process of losing weight?

A: Cut out beverages that contain calories- aka sugary beverages like soda and sweet tea! For some people, just cutting out sugary beverages can help them lose weight.

Q: Should I be tempted into trying a new "DIET"?

A: The internet is loaded with poor advice on nutrition. Many companies try to get individuals interested in their product by making claims that are too good to be true. Weight loss and changing behaviors takes time, motivation and determination. If a diet sounds too good to be true, it probably is. I truly recommend finding a balance and focusing on serving sizes, whole foods, and movement. Small, realistic changes that lead to a lifestyle change are going to lead to success.

Sarah is a new addition to our driver health and wellness team!! To get ahold of Sarah reach out to her at DHF@primeinc.com.

RECIPE OF THE MONTH

Quinoa Taco Skillet

This healthy recipe can be made on your burner!

- **Prep time-** 10 minutes
- **Cook time-** 35 minutes
- **Total time-** 45 minutes
 - **Makes 4 servings**

Ingredients

- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 1 red onion, diced
- 1/2 teaspoon cumin
- 1/4 teaspoon chili powder
- 2 tablespoons tomato paste
- 1 cup quinoa, rinsed OR 1 cup shredded chicken
- 2 cups vegetable broth OR chicken broth
- 1 15oz can Del Monte Sweet Corn
- 1 15oz can black beans, rinsed and drained
- 1 cup shredded cheddar cheese
- Salsa and/or cilantro for serving (optional)



Instructions

- 1.** In a large skillet, heat the olive oil over medium heat for 30 seconds.
- 2.** Add the garlic and cook on medium heat for 2 minutes, stirring so it doesn't burn.
- 3.** Add the onion, cumin, and chili powder and continue to cook for 4-5 minutes or until the onion has started to soften.
- 4.** Add the tomato paste and continue to cook for 2 minutes.
- 5.** Remove the onion mixture from the pan and set aside.
- 6.** Add the quinoa and broth to the pan and bring to a boil.
- 7.** Cover with a lid and cook according to package directions, about 10-12 minutes or until the broth is absorbed.
- 8.** Stir in the onion mixture, corn, beans, and cheese.
- 9.** Continue to cook over medium heat until warmed through. Feel free to add additional cheese on top, if you like.
- 10.** Sprinkle with salsa or cilantro, if desired.

Nutrition Facts

**Serving size: 2 cups | Calories 441 | Carbs 69g
Protein 21 g | Fat 14 g | Sodium 886 g**

STEP UP YOUR MENTAL GAME

To truly be healthy you need to up your mental game by exercising your mind as well as your body. I've learned from personal experiences that it's very hard to stay positive 100% of the time, but there are things that you can do each day to gradually change the way you think so when the hard times come, you'll be mentally trained to stay the course and reach your goals. Follow the steps below to up your mental fortitude:

- 1.) Only focus on things you can control. There will always be things out there that are out of your reach. Instead of focusing on those things, steady your mind on the things you can control such as; effort, a positive attitude, and your thoughts. This will relieve anxiety from trying to control every circumstance or situation.
- 2.) Start each day with gratitude. Each day can either be piss poor or great. This all depends on your attitude from the moment you wake up. Begin the day by thinking of 3 things that you are thankful for. Realize that there are always people out there that would love to be in your situation.
- 3.) Reinforce good mental habits through audiobooks. You're out on the road all day so audiobooks are a great resource to help you get your mind right and stay motivated for anything, whether it be exercise goals or for life in general. See the list below for my go-to audiobooks.

Audiobook list:

- 1.) Unfu*k Yourself: Get out of your head and into your life. By Gary John Bishop
- 2.) Can't Hurt Me: Master Your Mind and Defy the Odds. By David Goggins
- 3.) The Subtle Art of Not Giving a F*CK. By Mark Manson
- 4.) Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones. By James Clear.
- 5.) Girl, Wash Your Face. By Rachel Hollis

NEW PRIME PODCAST IS BACK IN ACTION THIS JANUARY!!

One of the things I've wanted to do since I got here is to create a podcast where I can give you some great information that you can listen to while you're driving each day. We started recording recently and I'm proud to say that we've got some great guests slotted in for our Prime Inc. Podcast. There will be two segments. One will be hosted by myself and Sarah Waterman (our new Prime Dietician), and during these sessions we'll tackle those problems that have come from our drivers' firsthand on things that will help you get healthier on the road. This includes everything from mental, physical, and emotional health to interviewing drivers that have made health a priority in their own lives. The other segment will be hosted by Andrea Mueller and it will include all the top breaking news happening here at Prime and within the trucking industry. We want you to stay informed and educated while you're out there so go to the Podcast App on your phone and subscribe to the Prime Inc. podcast so you don't miss a beat. Thanks for all you do, and stay safe out there!!

---Matt "Driver Health and Fitness Coordinator"

Dates to know:

January 20-February 29: Winter Warrior challenge begins

GET IN TOUCH

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Phone: (417)-521-3473

Facebook: "Prime Driver Health and Fitness" group page

Instagram: "Primefitfleet"

Website: Driverhealthandfitness.com