



FIGHTING THE VITAMIN D BLUES

by Matt Hancock

The last thing you want to do in the winter time is go outside. So why would we expect you to go outside to exercise? Short answer...We don't. Bringing your workouts inside your truck during the winter can make sure you stay on track with your goals so by the time summer gets here you'll be ready to live your best life. Exercising in the winter has so many benefits for your health. One of the most important is that it will help to fight off Seasonal Depressive Disorder. When you don't get outside as much in the winter it can wreak havoc on your Vitamin D levels. A lack of this vitamin may be the reason you get that mopey feeling in the winter when you don't want to do anything but stay in bed and binge Netflix all day. There is a cure though. Researchers found that three or more hours a week of vigorous exercise—such as running, jogging, or playing basketball or soccer—can reduce the risk of heart attack by 22%. They also found that those who exercised vigorously have higher levels of vitamin D as well as higher levels of HDL (good) cholesterol.

Primed for Life • February 2020

- **Winter Warriors Program is under way: Jan 20-Feb 29!**
- **New Prime Inc Driver Health Podcast is currently live!**
 - DHF website has all the available episodes available OR
 - 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.*

Truck Friendly Indoor Workouts:

Option A: "A Lotta Tabata"

1.) Download Tabata timer on your phone and complete the following circuit:
First interval: Bicycles
Second interval: Pushups
Third interval: Squats to bed platform
Fourth interval: Russian twists
Then repeat all exercises in sequence for intervals 5-8. Repeat daily for best results.

Option B: "Descending Pyramid"

1.) Dowload a timer on your phone and set a 10 minute time limit for this workout. Complete the following exercises in a 10-1 rep scheme.
Exercise 1: Step ups on bed platform
Exercise 2: Bird dogs
Exercise 3: Yoga pushups
Record how far you got and test each week to get further!!

10 TIPS TO GET MOVING IN THE RIGHT DIRECTION

By: *Zack Williamson*

As the first month of the year comes to an end you may find yourself already falling short of the resolutions and goals you set out for yourself for 2020. Just know you are not alone! Life is full of setbacks and obstacles, but here I will give you 10 tips to get back on track and start building momentum towards your goals.

Tip 1: High Intensity Interval Training

Participate in HIIT (High Intensity Interval Training) 2x or more a week. If you are unsure on what can be done that qualifies as HIIT, it would be beneficial to reference the workouts provided by the Winter Warriors Program on Driverhealthandfitness.com

Tip 2: Incorporate Circuit Training

Circuit training is a technique that involves completing multiple exercises back-to-back, with little to no rest between exercises. This method is extremely effective at getting the heart rate up, and being efficient with the time you have for exercise

Tip 3: Reduce Daily Calorie Intake by 250cal

Still not seeing the results you want on the scale? One step to take is reducing your daily caloric intake by 250 calories. It may not sound like much, but this change alone will result in an extra pound of fat loss every 2 weeks.

Tip 4: Avoid Eating Out

Even if you choose the very best meal option while eating out at a restaurant, more often than not it is still not as healthy of an option than if you prep your meals yourself. Not only does meal prepping provide you with healthier options, it also helps with saving money!

Tip 5: Avoid Liquid Calories

One of the most commonly overlooked means of caloric intake come from calories in the beverages we consume. These calories are easy to avoid, and for the most part they do not contribute much to you nutritionally or your satiety (feeling of being full)

Tip 6: Accountability Partners Are Key

If you knew someone was going to ask you every single day what you ate throughout the day, would you still eat the way that you do? Establish a partner and try to meet up once a week to motivate each other.

Tip 7: Limit Carbs At Your Last Meal Of The Day

This can be very effective in individuals who have a primary goal of weight loss.

Tip 8: Limit TV To 5 Hours/Week

How many hours a week do you currently spend sitting down watching TV? Make sure to limit this amount of time every week, making sure you replace that time with physical activity if possible, such as taking a walk.

Tip 9: Make A Grocery List

Going to the store without a list is practically a guarantee that you will leave with unhealthy foods that you do not really need, as well as the increased possibility of forgetting those crucial ingredients you need.

Tip 10: Measure Your Servings

Pay attention to the recommended serving size of foods you are eating, and actually measure it out! You would be amazed at how many extra calories you could be consuming by just 'eye-balling' your servings.

WHAT IS THE BEST DIET FOR ME?

BY: SARAH WATERMAN, RDN, LD

I frequently get asked, “What is the best diet or what diet should I start so I can lose weight?” These questions are rooted with good intentions. However, due to our society and the amount of attention fad diets get, most individuals think they need to try a specialized diet to lose weight and to achieve their health goals. I am here to tell you, you do not need to begin a one of these diets to lose weight! The term “diet” simply means the pattern of eating for an extended period of time. With that in mind, I recommend adapting a diet that you can continue lifelong. A diet that is lifelong means the diet is sustainable and realistic for you. With adapting a lifestyle change, your health should be more consistent rather than experiencing yo-yo's in weight and/or health.

- Focus on whole, unprocessed foods to fuel your body and provide your body with the nourishment it needs.
- Listen to your hunger and fullness cues.
- Drink plenty of water- typical rule of thumb is half your body weight in ounces.
- Move your body any way you can.

Keep in mind, every person is different! What works for someone else, may not work for you. There is no one size fits all diet!

RECIPE OF THE MONTH

Chicken Burrito Bowl

Meal prep for the week with this easy and healthy recipe!

- **Prep time-** 15 minutes
- **Cook time-** 20 minutes
- **Total time-** 35 minutes
 - **Makes 4 servings**

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, chopped
- 4 cups cauliflower rice
- 1/4 cup scallions, chopped
- 1/4 cup cilantro, chopped
- 1 tablespoon lime juice
- 1-1/4 pounds ground chicken
- 2 tablespoon taco seasoning
- 2 cups black beans, drained and rinsed
- 2 cups frozen corn, defrosted
- 1 pint cherry tomatoes, quartered
- 1/2 cup Greek yogurt
- 2 tablespoons chipotle in adobe sauce
- 1 tablespoon lime juice



Instructions

1. Heat one teaspoon of oil into a large non-stick saute pan. Toss in garlic with a pinch of salt and saute until fragrant.
2. Add cauliflower rice to the pan along with salt, pepper and chicken broth (or water). Pop on the lid and cook for 3-4 minutes or until the rice is tender. Transfer to a bowl and allow to cool before stirring in scallions, cilantro and lime juice. Set aside.
3. Heat a large non-stick saute pan over medium heat, add in remaining oil and ground chicken, Season with salt and pepper and break into crumbles with a rubber or wooden spatula until the chicken is in crumbles.
4. Once the chicken has turned from translucent to opaque, add in taco seasoning and stir to coat the chicken with spices. Cook for a couple more minutes or until chicken is cooked through. Shut off the heat and allow to cool.
5. Once all of your ingredients are prepped and ready to go, you are ready to assemble your bowls.
6. Starting on one side of your meal prep container, layer cauliflower rice, corn, black beans, chicken and tomatoes. Repeat until you make 4 burrito bowls.
7. OPTIONAL: combine Greek yogurt chipotle sauce and lime juice. Mix well!
8. Store burrito bowls in the fridge for up to 5 days. Top with yogurt sauce before eating. Enjoy!

Nutrition Facts

**Serving size: 1 cups | Calories 517 | Carbs 57 g
Protein 42 g | Fat 17 g | Sodium 358 g**

ALL ABOUT ACCOUNTABILITY

BY: SARAH WATERMAN, RDN. LD

Accountability means to take responsibility of your own actions. Most people struggle with accountability, especially when they are lacking the tools to stay accountable. Having someone you can stay accountable to is helpful, but it is important to also learn how to stay accountable to yourself. Not only will mastering accountability help you reach your health goals, but it can also help you reach your business goals!

How can you stay accountable to yourself?

- Write down your goals.
 - This will help remind you of your goals daily. As you accomplish a goal, you can write out a new goal which will help you reach your overall/highest goal.
- Take it day by day, step by step.
 - It is easy to get overwhelmed and feel like you aren't making any progress. Remember, you are human! Try to strive for consistency over perfection.
- Gain the knowledge to help you succeed.
 - Understanding more about nutrition and/or exercise will help you stay accountable. Reach out to Matt or myself for any questions you may have.

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 Dietitian), 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"

GET IN TOUCH!

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