



- **Winter Warriors Program is complete!! Congrats to our Winners; Bridgette Smith, Hannah Warfield, and Katherine Poteat!!**
- **Our next program, "Simply Fit" begins in April. Sign ups available soon.**
- ***Get money to practice healthy habits?! Company driver wellness program begins in April, 2020.**

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

NEW COMPANY DRIVER WELLNESS PROGRAM

by Matt Hancock

Thanks to our wonderful founder, Robert Low, we have finally been able to implement a driver wellness program where you GET PAID to practice healthy habits! If you are a second year company driver paying second year insurance rates this could mean you're eligible for the program. The premise of the program is simple. We want drivers to be rewarded for practicing healthy habits just as we would want our in-house associates to do the same. This program is tailored to the truck environment and it will be easy to complete in the limited time you have available on the road. If you'd like to know more call Trinity Healthcare at (417)-521-3925, Option 4. OR you can call DHF at (417)-521-3473. We want you to join! So if you haven't yet and think you might be eligible give us a call today. Check out what the program involves in the right hand column.

Here's how the Company Driver Wellness Program works:

Step 1:

Gets free labs drawn at Trinity or any LabCorp location nationwide.

Step 2:

Doctor consult where you are put into one of the following risk factor categories:

- Category 3: 3 or more risk factors.
- Category 2: 2 risk factors.
- Category 1: 1 or less risk factors.

Step 3:

Driver begins doctor required activities according to their risk factor category

- Category 1: 2 coaching calls, AND EITHER 5 "Break Time" workouts logged OR 3 days of nutrition logged per week.
- Category 2: 1 coaching call, AND EITHER 3 "Break Time" workouts logged OR 1 day of nutrition logged per week.
- Category 3: 1 health status review phone call.

Step 4:

Earn extra money by doing extra credit activities like presentations and challenges.

Step 5:

Get paid! Up to \$800 per year.

MARCH IS NATIONAL NUTRITION MONTH®

BY: SARAH WATERMAN, RDN, LD

Health tips from the Academy of Nutrition and Dietetics

- Eat breakfast
 - Include lean protein, whole grains, fruit and vegetables. For example: parfait with low fat plain greek yogurt OR whole grain cereal with fruit.
- Make half your plate fruits and vegetables
 - This will increase your intake of fiber, vitamins and minerals.
- Watch portion sizes
 - Use measuring cups to see how close your portions are to the recommended serving size. Make half your plate non-starchy vegetables and fruit and the other half for grains and lean protein foods.
- Be active
 - Adults should get two hours and 30 minutes of physical activity per week.
- Drink more water
 - Focus on water instead of drinks that contain added sugars.
- Fix healthy snacks
 - Healthy snacks can sustain energy levels between meals and decrease overeating at meals. For example- natural peanut butter and an apple or banana.

RECIPE OF THE MONTH

Instant Pot Oatmeal

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

- **Prep time-** 1 minute
- **Cook time-** 20 minutes
- **Makes 4 servings**

Ingredients

- 2 cups water
- 2 cups milk (skim, almond, soy, etc.)
- 2 cups old fashioned rolled oats
- 1 tsp vanilla extract
- 1 tbsp cinnamon

Optional Toppings

- Fresh, dried or frozen fruit
- Chopped nuts or seeds
- Egg (savory option)
- Nut butter (peanut butter, almond butter, etc.)
- Greek yogurt or protein powder
- Drizzle of honey, maple syrup or natural sweetener of your choice

Nutrition Facts

**Serving size: 1/2 cup | Calories 177 | Carbs 29.5 g
Protein 5.9 g | Fat 1.5 g | Sodium 98 g**

Instructions

1. Pour water, milk, oats, vanilla and cinnamon together in the chamber of the Instant Pot. Stir to combine.
2. Press the **porridge** button to the Instant Pot and set timer to 10 minutes. Make sure the valve is set to **sealing**.
3. After the 10 minutes is up, let the Instant Pot sit for 5 minutes (LO:O5) on the screen and then turn the valve to **venting** to release steam.
4. Stir oatmeal, serve and enjoy with desired toppings.



PAIN FREE AND LIVING YOUR BEST LIFE ON THE ROAD

BY: MATT HANCOCK AND LORRIE KNAPP (PRIME DRIVER)

Recently I had the privilege of sitting down with one of our very own Prime drivers, Lorrie Knapp. I learned about her story, how she manages to stay healthy on the road, and how being healthy essentially saved her life. Check out our conversation below.

Matt: Tell us a little bit about yourself and how your path led you to come to work for Prime?

Lorrie: I've always wanted to be a truck driver, but I chose not to pursue it for awhile because of my children. I started off by driving a school bus for 36 years and then started training new drivers for 25 years. It was a great job to raise my children because I was home nights, weekends, holidays and summers. I retired for about a year and then decided to try my hand at truck driving at 55 years old.

Matt: How long have you been at Prime? What type of driver are you?

Lorrie: I came to Prime in January of 2014 and currently work in the Reefer division. I was solo for 3 years, did TNT for a few months, and then went team in January 2017. I enjoy being a team driver more than solo.

Matt: What motivates you to stay on track in your health journey? Did you want more energy? To get your health numbers better? To be healthier for your family?

Lorrie: Back in 1995 I had some heart problems and angioplasty, but overall, I thought I was at a good weight and in decent shape before coming to Prime. But then I began my career as a truck driver and immediately starting gaining weight. I tried to stay positive and told myself to get through the first year then I would deal with the pounds I put on. Spoiler alert... That didn't happen. Then, in November 2015, I had a heart attack on the road. To recover I went home and got off the road for about 4 months. When I got back on the road i had several complications from the excess weight I had put on. One being that my legs hurt so bad that I would be tears just on the walk from the fuel island to the bathroom. I didn't know what was wrong. Finally, in 2017 I found an answer. I had Peripheral Artery Disease (PAD). Over the following 2 years I was in the catheter lab around 10 times to get the blockages in my legs cleared. I then started focusing my efforts on getting healthier...The right way. I started a whole foods plant based approach and in just two weeks the pain was gone! I am still amazed today at how fast this happened. To be able to walk across a parking lot without looking for a light pole to sit at is a wonderful thing! My motivation was to be able to walk without pain. The weight loss was just an added bonus that came along as I started to clean up my diet. Nowadays I can eat all I want and the weight keeps coming off. Not a bad problem to have!

"When I got back on the road my legs hurt so bad that I would be in tears just on the walk from the fuel island to the bathroom. I didn't know what was wrong. Finally, in 2017 I found an answer."

Lorrie
Knapp

PAIN FREE AND FEELING ALIVE!

BY: MATT HANCOCK AND LORRIE KNAPP (PRIME DRIVER)

Matt: When did you start dialing in the process it took you to get to this point in your health? When did it click that I HAVE to start getting healthier?

Lorrie: Mid-June 2019. Looking back I had my last leg unblocked April 1, 2019 and was having a reaction to my cholesterol medication at the time so my doctor changed it. Once he did it made everything worse. I hurt absolutely everywhere. My bones, muscles and skin hurt to the touch, even from something as light as a sheet. So then I was taken off cholesterol medication after being on it for 25 plus years. Now that was scary. I didn't know how I was going to survive. The cardiologist told me the only cure was to wait for a new procedure or medication that could help my legs with the pain I was having. I asked if I came off the road would it help my legs. He said "No, you are so riddled with the disease it won't matter." My last conversation with my cardiologist was back in April of 2019. I told him if I don't start losing this weight I was getting off the road by the end of the year. Then he said "Well maybe we can get you eating cleaner then." At the time, nothing clicked in my head about what he said. I just knew I had to figure a way to get rid of my extra weight. I had been living with the pain in my legs for 5 years, and this was where my journey to being healthier all started.

Matt: Take me through what a typical day looks like for you out on the road and how you manage to weave health into each day or at least into most days.

Lorrie: My way of eating is Whole Foods Plant Base SOS free (salt oil sugar). I use a 6 qt. instapot to batch cook white and sweet potatoes. I also batch cook old fashion rolled oats and use a cooking bag to make the cleanup process easier. Once the oatmeal cools I cut the corner of the bag and squeeze into the bowls. I add 1 tbsp. of ground flaxseeds, frozen berries, unsweetened almond milk and then, most important, is a sliced banana for the sweetness. I have a small rice cooker to batch cook my white and brown rice. The freezer is filled with frozen veggies too. My food groups are fruit, vegetables, whole grains and legumes. I don't do oil, salt, sugar, coffee, meat and dairy. Herbal teas have been my drink of choice. It's not easy making salads unless you buy everything pre-bagged so my go to for a salad is to go to Subway. Most the time I eat veggies with potatoes, or I'll make a bowl with rice, beans, lettuce, salsa and hot sauce. I also have 2 meatless chili recipes I use and a cabbage/veggie soup recipe as well. The only supplement that is needed when eating whole food plant base is B12 and vitamin D. You should be tested for vitamin D before taking though just to be on the safe side.

Matt: Healthy habits and a routine are good things to fall back on when you start trying to make your life healthier. What habits or routines have you created to help you stay to on track when it all starts to fall down around you and life gets stressful and hectic? If any...

Lorrie: Always batch cook. Have food in the fridge ready to eat. Keep your environment clean. Nothing in the truck is something I can't have. I also carry balsamic vinegar for times I have to get a salad outside the truck. It's healthier and lower in calories and less additives than most dressings.

PAIN FREE AND FEELING ALIVE!

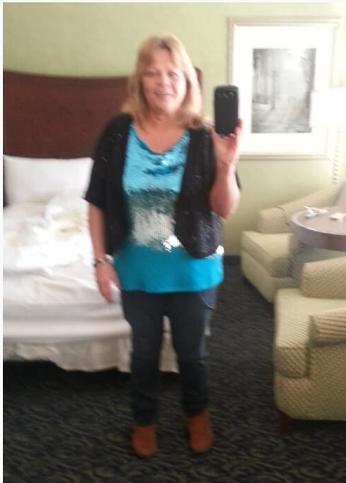
BY: MATT HANCOCK AND LORRIE KNAPP (PRIME DRIVER)

Matt: What advice would you give to other drivers that are considering making changes to get healthier, but just don't know where to start? Or that say it just isn't possible being a truck driver?

Lorrie: If you don't think you can go 100 percent in on being healthy then break it down into smaller steps. Add veggies and then add more veggies. Make your plate 50% veggies for every meal. I found an air fryer at a truck stop on Iowa 80 that my inverter can handle and I am always making crispy potatoes and fries. Also...Read labels! Oil is in everything. Try to avoid this ingredient as much as you can. I read "The Starch Solution" by Dr. McDougall and , "Ultimate Weight Loss" by Chef A.J. and it helped to change my perspective about what I eat everyday. I encourage you to educate yourself and do the same.

Matt: Do you track your weight or measure how far you've come since beginning your workout and diet routine? If so, what improvements have you seen? More energy, better focus, weight loss, etc.? Improved health numbers?

Lorrie: I do track my weight and I'm down 52 pounds since my journey began. When I started the whole foods plant based diet it had nothing to do with weight. I simply made the change because I wanted to be healthier. There is no calorie counting. I eat till I'm full. Living without pain is enough to keep me going. The fantastic thing I got from all this is that I can finally walk. It feels great to be able to walk into Walmart and do my own shopping! I have so much more energy and I feel great compared to what I used to. I'm still off cholesterol medication and I've been taken off one of my blood thinners as well. I haven't found the time for exercise quite yet but I do walk as much as I can.



The day I came to Prime-January 2014.



May 2019.



March 2020. 52 pounds down since May 2019. Goal is to hit another 70 pounds of weight loss.