



Thank you Prime Drivers!

We want to sincerely thank all of our Prime Drivers that are enduring these hard times and taking them in stride as you keep our country supplied. At DHF we want to give you all the tools necessary to stay healthy inside and out while you're on the road. That being said if you ever need anything from us please don't hesitate to ask. We have a ton of knowledge and resources that can help you with anything from mental health to exercise and nutrition and even healthy relationships. Your DHF Team is here to serve you 24/7 with anything you need.

Check out our newest Website Projects- Now Available!

We're working hard in DHF to give you up to date resources and knowledge so you can be the healthiest you can be while on the road. As a result, we've added a new section on our website which is now **LIVE!**

Healthy Driver Presentation Section: Our latest addition to the website is a new section where you can view informative presentations covering various topics that are important to you! The first presentation that will be posted is covering Sleep Apnea, and we will continue to push out new content for everyone to benefit from. We'll also be pushing more content onto social media so if you haven't yet joined our [#PrimeFitFleet](#) *instagram group* or *Facebook group*, "[Prime Driver Health and Fitness](#)." **DO SO NOW!**

New Mental Health Services Section: The past few months have been stressful for us all and with that added stress and anxiety come the need to build some good mental health habits. We've been researching and have come up with some great free and paid resources for your mental health. Check them out [HERE](#).

New Telehealth Section: Did you know that 70% of truck drivers are uninsured or don't have access to quality healthcare? When we found that out we wanted to do something about it. Recently we've added some affordable healthcare options to our website that will help you with anything from acute care to chronic disease management. NOTE: These are not health insurance options, but instead are health insurance alternatives for drivers that have no care whatsoever.

The Hydration Challenge has Started!

The Company Driver Wellness Program Challenge is underway! The hydration challenge started July 25th and will go to August 15th. The goal of the hydration challenge is to begin monitoring your beverage intake by increasing water consumption and decreasing sugary beverage consumption.

The BIG water goal is to drink **half your body weight in ounces**. For example, if you weigh 200 lbs, your water goal would be 100 ounces of water. *Work your way up to this number slowly*. If you don't reach your water goal, that is okay!

The main priority is to focus on increasing water consumption and decreasing sugary beverage consumption.

It's not too late to [sign up for the Company Driver Wellness Program!](#) [Contact us](#) if you're a Company Driver and want to learn more.



Tortilla Roll-Ups with Lentils and Spinach

This meal can be made in under 30 minutes and all you need is a skillet.

Author: Forks Over Knives

Servings: 15 roll-ups

Ingredients:

- 1/2 medium onion, cut into 1/4-inch dice (1 cup)
- 6 small cloves garlic, minced
- 1 tsp ras el hanout spice blend (or paprika, pepper, cumin, cinnamon, cloves, cardamom, and nutmeg)
- 1 15-ounce can lentils, rinsed and drained (1 1/2 cups)
- 1 tbsp lemon juice
- Sea salt and black pepper, to taste
- 3 8-inch whole wheat tortillas
- 2 cups fresh spinach
- 1 cup hummus (store bought)

Instructions:

1. In a skillet, combine onion, garlic, and spices (ras el hanout). Add 1/4 cup water and saute for 10 minutes, adding water, 1 to 2 tbsp at a time, as needed to prevent sticking.
2. Add lentils and lemon juice, and cook for 3 to 4 minutes more to develop flavors. Season with salt and pepper. Remove from heat and let cool for few more minutes.
3. Meanwhile, wrap the tortillas in a damp paper towel and heat in the microwave for 30 seconds.
4. To assemble roll-ups, place one warmed tortilla on a flat surface. Spread 2 to 3 tbsp hummus evenly on tortilla, completely covering one side. Spread an even level of spinach leaves over the hummus, leaving 1 inch clear from tortilla's edges. Spread 1/3 cup of lentil mixture evenly over spinach. Roll up tortilla snugly, and transfer to a platter. Repeat with the remaining tortillas and toppers.
5. Just before serving, trim both ends of each roll-up so you have a clean log shape. Cut each log into 5 pieces about 1 1/4 inches thick.

You're going to love this new thing.

We're excited to announce a major addition to our offerings. The next time you visit our website, you'll see it for yourself.

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