

## 3 Exercise Claims You Can Ignore

Don't let these common exercise myths sabotage your fitness goals.

**Myth:** There's no point in exercising if you don't have time for a full workout.

**FACT:** You need at least 150 minutes of moderate-intensity physical activity a week. Pushed for time? Working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.

**Myth:** Skip weight lifting because you'll bulk up and gain weight.

**FACT:** Lifting weights 2 or 3 days a week won't build bulk, but will help build strong muscles. If you don't like weight lifting, resistance bands, sit-ups, push-ups and some kinds of yoga also can strengthen muscles.

**Myth:** Have chubby thighs or a spare tire around the middle? Just target those areas with specific exercises.

**FACT:** You can't spot-reduce fat, according to the American College of Sports Medicine. Genes and lifestyle factors determine where we carry flab — and a healthy diet without excess calories and regular exercise are the most effective ways to reduce fat all over.

## Drink Up

**Strenuous sports and exercise workouts can dehydrate you.** Drinking fluids before, during and after extended exercise is key to regulating body temperature, replacing body fluids and fueling your workout.

To stay hydrated, the American Council on Exercise suggests you:

- ✓ Drink 17 to 20 ounces 2 to 3 hours before you start exercising.
- ✓ Drink another 8 ounces 20 to 30 minutes before you start exercising or during your warm-up.
- ✓ Drink another 7 to 10 ounces every 10 to 20 minutes during exercise.
- ✓ Drink 8 ounces no more than 30 minutes after you exercise.

**Remember:** Quench your thirst before you feel thirsty, especially if you work up a sweat.



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# Healthy Eating Tips for Truck Drivers

Maintaining a healthy lifestyle can be hard for truck drivers with long hours, lack of exercise and eating meals away from home. However, you can eat a healthy diet and be more active. It takes planning. Making healthy choices may mean better quality of life. Here are a few tips:

- **Consider Buying a Power Inverter.** This would allow you to use a small microwave, a mini refrigerator, or an electric cooler. You could make some of your own meals and healthier snacks. With the money saved from eating out 2 - 3 times per day, it would pay for itself quickly.
- **Plan Ahead.** Packing meals and snacks will help your waistline and budget. Keep in mind balance, variety, and moderation.

Fruits	Fresh and canned fruit (packed in its own natural juice or with no added sugar)
Breads / Grains	Whole grain breads and cereals, whole grain crackers, English muffins, and mini bagels
Vegetables	Fresh vegetables already washed and cut up in small plastic bags or containers
Milk / Dairy	Low fat cheeses such as mozzarella, string cheese, farmer's cheese, low fat cottage cheese; low fat yogurt, and small containers of skim or 1% milk
Meat / Protein	Salmon and tuna packed in water or low fat meats like roasted chicken, turkey, ham, and lean roast beef

- **Fuel Up Often (and not just your truck).** Start your day with a balanced breakfast. Eating 3 smaller meals and 2- 3 healthy snacks is a better choice than eating 2-3 large fast food meals each day.
- **Hydrate, Hydrate, Hydrate.** Keep a supply of water in the truck and drink a glass before each meal. It is a zero calorie drink and will prevent excess snacking. Try a lemon or lime slice to add flavor.
- **Snack Smart.** Eating out of bags or boxes can lead to overeating. Pre-filling small plastic bags with snacks is helpful. Instead of potato chips or candy choose:
  - raw veggies or low sodium vegetable juice
  - fresh fruit, dried fruit, or fruit canned in its own juice or with no added sugar
  - 100 calorie® snack packs
  - low fat granola bar, or high fiber bar
  - low fat or light yogurt (add a high fiber cereal for a creamy but crunchy snack)
  - whole grain pretzels
  - whole grain crackers with a thin layer of peanut butter or reduced fat cheese
  - nuts (be mindful of portion size). A serving of nuts is a small handful(¼ cup or -250 calories). Some of the healthier nuts are almonds, pistachios, walnuts, and pecans.
  - Hummus with pita crisps
- **Walk Break.** After you gas up or use the facilities, walk around the outside of the parking lot. Even a 15-minute walk will help stretch your legs, burn some calories and combat fatigue. Doing this twice a day would be an investment in your health. Be sure you are in a safe area, and are aware of your surroundings.
- **Shop Around.** If you don't have much room in your truck, you may only be able to bring 2- 3 days worth of food. Take the time to go to a store to restock your cab. It takes time but you are worth it!

Clay Cormier  
DOT Safety Manager

# New Year's Resolutions for the Workplace Safety in 2020

**Workplace health & safety** planning for the New Year should start with a message that emphasizes safe operations as a top business priority.

A **workplace safety plan** is the important first step to avoid potential harm to **employee health**, and also to **reduce the costs** to the business of compensation claims as annual **financial planning** comes together.

There is no better time to start a “Safety First” plan than leading into the New Year!

## Look Back on the Year in Review

This past year's safety results can reveal areas for improvement and help set priorities for the coming year's goals.

**Accident reports**— and “near miss” incident reports – are a primary source for targeting improvement areas. These reports would clearly identify any areas for improvement.

**Safety assessments** and **annual safety audits** provide additional details on any safety performance gaps. An effective assessment process includes recording key findings that provide a deeper understanding of workplace hazards.

**Training records** and an evaluation of safety training results are factors to consider in setting goals for the coming year.

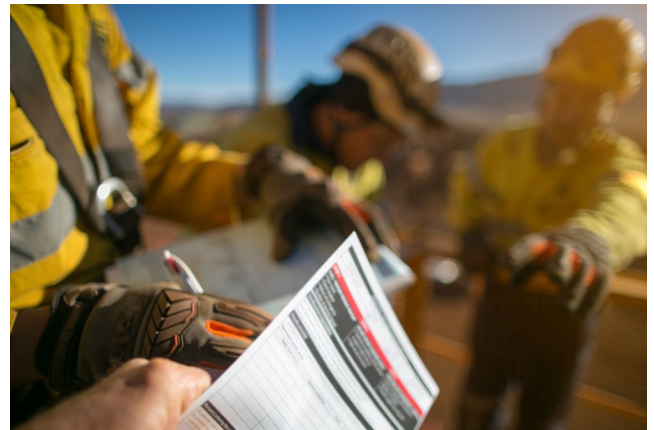
- Where can training improve for the coming year?
- Should there be more targeted training and communication for specific hazards?

## Safety First – Your Top Priority for 2020

- It is important to review every potential hazard category.
- Workplace safety resolutions for 2020 start by **defining safety goals**, then continue with a prioritized plan for safe business operations.

## Start Strong, Stay Safe in 2020!

- Make 2020 your year of safety!
- New Year's Resolutions for Workplace Safety in 2020 should go beyond merely striving for an injury free year, but apply a continuous improvement approach toward top-down safety awareness.



**Lauren Vincent**  
Industrial Safety Manager



# Birthdays



## January Birthdays

Cathy Hogan- 1/5

Jose Navarro- 1/11

Brandon Pillsbury- 1/13

Nickie Alfaro- 1/23

Patrick Payne- 1/24

Andre Davis- 1/30

Jeff Guidry- 1/30

# Work Anniversaries

## January Work Anniversaries

Andre Davis- 1 year

Jeremy Bibbins- 1 year

Mark Mathieu- 1 year

Mary Fontenot- 1 year

Mason Cox- 1 year

Jeff Guidry- 2 years

Kenneth Racca- 2 years

Meagan Broussard- 2 years

Mark Boullion- 3 years

Charles Hammer- 14 years

Barry Hessler- 19 years

# Clean DOT Inspections

None

## What did you learn?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. True or False. Working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.
2. Drinking fluids before, during and after extended exercise is key to \_\_\_\_\_, replacing body fluids and fueling your workout..
  - a. bulking up
  - b. regulating body temperature
  - c. stop sweating
3. Start your day with a balanced breakfast. Eating \_\_\_\_\_ smaller meals and 2- 3 healthy snacks is a better choice than eating 2-3 large fast food meals each day.
4. **Snack Smart.** Eating out of bags or boxes can lead to overeating. Pre-filling small plastic bags with snacks is helpful. List 2 items from the list of healthy snacks on page 2.  
\_\_\_\_\_  
\_\_\_\_\_
5. Workplace safety resolutions for 2020 start by \_\_\_\_\_, then continue with a prioritized plan for safe business operations.
  - a. defining safety goals
  - b. what's a resolution
  - c. a complete company overhaul

If you return this portion completed to the Safety Department by January 31<sup>st</sup>, you will be entered into a drawing for 2- \$25.00 gift cards. Good Luck!