

POWER DRIVING

SECOND EDITION



FUELING **YOUR** ENGINE FOR THE FUTURE

A manual for truck drivers based on a study with truck drivers and full of suggestions for how you and your family can eat a healthy diet, increase physical activity and reduce your risk of disease and injury.

*In other words – **how to live and drive well.***



BC Forest Safety



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To the memory of Don Girouard.

*A father, a driver and a friend. We hope this project will enable
other drivers to avoid the heart attack that took his life.*



ABOUT THIS BOOK

As a driver you don't have much spare time. Your day starts very early and even simple activities like running errands or going to your kid's ball practice can be a real challenge. So how do you find a way to look after your own health?



The suggestions in this book are based on the findings of **a study that was conducted with drivers just like you.** It's **not** just another diet and exercise program made up for movie stars or people who want to lose some weight. This one takes into account the amount of stress that a driver experiences every day, the number of hours that you spend in your truck and the types of problems that you have to cope with. You can take confidence in knowing that the **drivers in the study that made even just some of these changes were able to improve their health substantially.** They lost weight, they reduced their blood sugar levels and they were able to concentrate better while driving. They didn't feel as tired and were able to enjoy themselves with their families in the evenings.

The program will work for you too, but only if you do it! Every time you make a healthy choice, you will be one step closer to where you want to be. It won't happen in one day, but if you stick with it in just two years time your risk of heart disease will be cut in half, your risk of diabetes will be cut by



nearly $\frac{3}{4}$, your risk of cancer by $\frac{1}{4}$ and your risk of depression by 95%¹.

Cut your risk of disease by making healthy choices

And if that's not enough to make it worthwhile, think about this: to stay in control of a fully loaded truck requires a lot of skill and concentration. Even a moment's loss of attention can have fatal consequences.



Would this truck have stayed on the road if the driver had reacted a second earlier?

When the drivers in the study ate a diet that gave them the right fuel at the right time their performance in taking the correct action quickly was nearly 15% better. This means that 15% more accidents could have potentially been avoided or reduced in severity. In 2009, 3,163 people died in accidents involving heavy trucks. A 15% reduction in the fatality rate would have saved 475 lives.



Although this book is called Power Driving, it's not just about things that will help you be a safer driver. It's a manual for life - a life that is full and healthy, and one that allows you to be everything that you want to be. In a world where so many things seem to be out of control, this book will show you how to take control of your health. Share it with your family if you want them to be healthy too.



TABLE OF CONTENTS

1	GETTING READY FOR CHANGE	1
2	DIETARY RECOMMENDATIONS FOR DRIVERS	3
	BREAKFAST	4
	LUNCH/SNACKS	10
	DINNER	19
	PREPARING MEALS WITHOUT ADDED FAT.....	23
3	RECIPES	27
	DINNER	27
	LUNCH	43
	SALAD DRESSINGS	46
	BREAKFAST	49
	BAKED GOODS	51
4	THE THREE TYPES OF FOODSTUFFS	59
	CARBOHYDRATES	59
	PROTEIN	62
	FATS	64
	VITAMIN D	65
	CHOLESTEROL	65
	HOW TO BURN FAT	67
5	WATER AND HYDRATION	69
6	SUGAR AND SUGAR SUBSTITUTES	71
7	SALT AND SODIUM	73
8	THE GOOD, THE BAD AND THE UGLY: COFFEE, TOBACCO AND ALCOHOL	75
	COFFEE / COLA / ENERGY DRINKS	75
	TOBACCO	76
	ALCOHOL	79

9	THE BENEFITS OF ACTIVITY	81
	GETTING STARTED	83
	WHY DON'T YOU EXERCISE	84
	PART 1: THE BASICS OF STABILITY	89
	KEY POINTS FOR TECHNIQUE.....	90
	1. Neutral Spine.....	91
	2. Abdominal Activation.....	92
	3. Pelvic Floor.....	92
	PUTTING IT ALL TOGETHER	94
	STABILITY + CORE EXERCISES	95
	4. Neutral Spine +Activated Core	95
	5. Sitting Exercises	98
	6. Knee Exercises	99
	7. Shoulder Exercises.....	103
	8. Neck Exercises.....	107
	PART 2: STRETCHING	110
	WHEN YOU WAKE UP.....	110
	DURING THE DAY	110
	1. Head + Neck Stretches	111
	2. Upper Body Stretches	112
	3. Back Stretches	113
	4. Lower Body Stretches	113
	PART 3: FITNESS FOR LIFE	116
	WORKOUT 1	119
	WORKOUT 2	120
	WORKOUT 3	121
	WORKOUT 4	122
	WORKOUT 5	123
	WORKOUT 6	123
	WORKOUT 7	124
	MAINTAINING CHANGE	125

10	HEALTH ISSUES	131
	OBESITY	131
	DIABETES	134
	HYPERTENSION	138
	Lifestyle Changes	140
	STROKE	143
	GOUT	146
A	APPENDIX 1: CHOOSING A GRANOLA BAR	148
B	APPENDIX 2: REFERENCES	149



BEFORE YOU START

If you haven't been exercising regularly it's important to check with your physician before beginning this or any other exercise program to make sure that you are not at risk for cardiovascular disease or have any other health concerns. Neither the author nor the sponsoring organizations are responsible in any way for any illness or injury that may result from this program, and if you chose to follow it you do so entirely at your own risk. If you feel faint or experience pain while doing these exercises seek medical attention immediately.

1

GETTING READY FOR CHANGE

Learning how to eat well and look after your body is new to you. The changes are going to be hard- you will have to give up a lot of things that are comfortable and start doing things that you probably don't think you want to do. So here are some things to remember:

- If you are obese your life span is reduced by between 6 and 14 years.²
- Obesity, inactivity, smoking and excess alcohol consumption are sure ways to kill yourself, as they all significantly increase your risk of early death.^{1, 2}



- Once you get used to getting some exercise and eating well you will drive better, move better, sleep better, think better and love better.

Get some exercise every day

- You are the only one who can make this happen. Decide that you are going to do it, and then get your friends and family to support you.
- It took you a long time to get where you are today, and it will take some time to get back to health. You don't have to do it all at once. Pick one thing to work on, and when that one is comfortable make another change.
- Each and every step you take makes a difference. Take at least one step. Right now.

- Use the resources available to you: this book, your Top Ten Tips, your co-workers, friends and family. Ask questions.

Get in touch with me:

droberts@selkirk.ca



Take another look the Top 10 Tips

- It's your life: you *can* live it the way you want to.
- Don't be afraid to ask for help. It's likely that those around you will also want to make better choices. Letting them help you will also help them to help themselves.



Eating to fuel your brain will make you a better driver, so when you are making your choice of what to eat or drink think about being in traffic on the highway, with trucks on either side when the car in front slams on the brakes. At 90 km/hr (55 mph) a half a second delay in your response costs you 40 ft. It can make the difference of killing someone, or not. The average reaction time performance was **15% better for drivers in the study when they ate small low sugar and low fat snacks every two hours.**

2

DIETARY RECOMMENDATIONS FOR DRIVERS

Since driving doesn't require a lot of physical movement the trick is to keep your brain and nerves well supplied with fuel, without taking in a lot of extra calories that will be turned into fat. This can be a bit tricky, because your brain works best when blood sugar is kept at a stable level, not too high and not too low.



It's a balancing act to keep blood sugar stable.

Send in more fuel than is needed and you will turn on fat storage. It doesn't matter whether its fruit or pasta, sugar or bacon - more calories than you need will always lead to making more fat. And once the fuel has gone to fat storage it can't be used by your brain. On the other hand **if you eat small amounts of low-fat protein and carbs with fiber in them every couple of hours, you will get just the right amount of fuel released all day long.** Your energy and concentration will be better, your reactions and reflexes will work faster, and you will stop adding fat to your belly. You'll be a more alert driver, and less likely to slip when you get out of your truck or throw your wrappers.

Eat small amounts of low-fat protein and carbs with fiber every 2 hours to keep you blood sugar balance in check.



Up till now you've probably made most of your food choices based how good food tastes, looks and smells. Cost, ease of preparation, and need for refrigeration are also important, and they will stay important. But now you have a **new way to think about choosing what you eat**. Just the same way you can take a medicine to treat something, **you can control your life with food and activity**. Like preventing disease. Diabetes. Heart Attack. High Blood Pressure. Not being able to bend over and tie your boot laces. Losing your license. Driving off the road. *The choice is yours*. So instead of expecting to be overweight and tired see yourself as strong and healthy and give the program a chance. And here is how:



BREAKFAST

Breakfast is an important meal for driving, no matter what time of day or night that you get started. It's a chance to make sure that your brain has carbs and water to fuel the first couple of hours of work. It shouldn't be a large meal, and you need to make sure that you stay away from things that will make you store the food, like fats and sugars.

Stay away from fats
and sugar.



To learn what what kinds of foods are the best sources of carbs, sugars, fats and proteins go to page 59. For some practical suggestions on what to eat, read on.



BREAKFAST

If you like a **fast meal** **GOOD CHOICES** are:



½ cup low-fat, no sugar added yogurt mixed with ¼ cup

chopped fresh fruit: Stay away from flavored yogurt unless you get the “diet” or sugar-free kind. See the section on Sugar and Sweeteners (Page 71) for more info on this topic.

Top your breakfast sundae with a tablespoon of wheat germ or ground flax seed, or wheat or oat bran for a high-octane breakfast.



1½ cups of power smoothie: Mix ½ cup of skim milk, ¼ cup

non-fat plain yogurt, 2 packets artificial sweetener, 2 tbsp dry non fat milk powder and a ½ cup of any fresh or frozen fruit of your choice. Whirl in a blender and add 4 ice cubes, continue to process until smooth. If you don’t want to enjoy your smoothie right away, pour it into a thermos and take it along to sip on as you drive



½ cup whole grain or bran cereal with ½ cup skim milk:

Look for cereals with less than 5 gm of sugar, and less than 190 mg sodium and at least 3 gm each of fiber and protein/serving. All-bran, Wheaties, Total, Shredded Wheat and even Cheerios are good choices to name a few.

Check the nutrition labels - they'll tell you whether you are making a good choice or not.

> *If you are used to whole milk then make the transition easier by switching first to 2% for a week, then to 1% for a week, and finally to skim, or better yet use skim milk but add a tablespoon of dry non-fat milk to richen it up until you get used to the lighter taste.*

Nutrition Facts	
Serving Size 3 oz. (85g)	
Amount Per Serving	As Served
Calories 38	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	2%
Total Carbohydrate 0g	3%
Dietary Fiber 0g	8%
Sugars 0g	
Protein 0g	
Vitamin A 270%	Vitamin C 10%
Calcium 2%	Iron 0%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,600
Total Fat	Less than 65g 80g
Salt Fat	Less than 25g 80g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37g
Dietary Fiber	25g 30g

If you like to get up a little earlier and have a **cooked breakfast**, **GOOD CHOICES** are:



1 whole egg and 2 egg whites and 1 piece of dry whole grain toast: use a light hand when greasing the griddle, just a smear of oil or butter in a non-stick or cast-iron pan will work. Or better yet poach or boil your eggs to avoid adding needless fat. Using egg whites keeps the cholesterol level down, and adding onion, garlic and other spices for seasoning instead of cheese and sausage will keep the fat content down. If you put the egg on top of the toast you won't even notice that the toast was not buttered, and you will save yourself a lot of fat calories.





BREAKFAST

If you like to get up a little earlier and have a **cooked breakfast**, **GOOD CHOICES** are:



½ cup oatmeal, buckwheat or other cooked cereal:

Cooked cereals are great sources of protein and fiber and until you start adding butter, cream and salt they are fat and salt free. Try them with a bit of skim milk, yogurt or chopped fresh fruit instead.



1 pancake (4 inch = 10 cm diameter): Try the recipe on

page 50 topped with yogurt to fuel up for your day. These pancakes freeze well and can be re-heated in the toaster for a great breakfast for your kids too.



If you like a **fast meal**, **OK CHOICES** are:



½ cup granola with 2% or whole milk: Most people think gra-

nola is healthy but it's high in fat and sugar. Raisin Bran is another misleading cereal; it has more sugar and salt than Fruit Loops. And choosing 2% over skim milk adds as much fat as a teaspoon of butter while whole milk doubles that.



1 slice of whole wheat toast: Topped with whole fruit puree or a smear of **jam** is an ok choice, but it won't last much more than an hour unless you add a bit of protein (like an egg white or non fat cream cheese). Topped with peanut butter gives you a bit of protein, but also more fat and calories than you need. Topped with low fat cottage cheese gives you a great protein boost but unfortunately also a lot of salt. Instead choose spicy bean spread from page 44 with a thick slice of tomato (satisfies like the saltiness of a BLT).



If you like a **cooked meal**, **OK CHOICES** are:



Lower-fat breakfast meats: Game meats are much lower in fat, but if you make your sausages by blending in pork, the fat content goes back up. There are lower fat products like ham and turkey breakfast slices but they are high in salt and preservatives which have other health considerations



2 eggs fried with cheese: Frying your eggs in a teaspoon of butter and adding an ounce of cheese will slow the digestion of your breakfast down so that you won't be able to use it for fuel for about 3-4 hours. It also more than doubles the calorie and salt content. Switching to low fat cheese knocks the fat content down, but still socks you with salt.

If you like a **fast meal**, *before starting work* **POOR CHOICES** are:

✗ Nothing to eat: When you wake after not eating for 6 or more hours your stores of sugar for your brain are very low (they come from carbs stored in small amounts in your liver). So the only way to make sure that your brain wakes up is to fuel up. Your truck won't run without fuel, why expect that your brain would?

✗ High sugar drinks: Even "unsweetened" or "natural" fruit juice contains a lot of sugar and will contribute to high levels of blood lipids (fat) and diabetes. If you have to have fruits and vegetables as liquids then choose the ones that include fiber and pulp.



✗ High sugar and fat items like commercial muffins and pastries: Even commercial bran muffins are full of fat and sugar. While they might feel good for a few minutes when you are eating them think about how it feels when you can't do your pants up cause your belly is too big or what it felt like to watch someone you care about lie in a hospital bed after a heart attack. Still want to put that stuff in your body?

If you like a **cooked breakfast**, **POOR CHOICES** are:

✗ Waffles with butter and syrup: Might as well just sign up for the diabetes clinic, it might take a few years but there is no doubt that this is your ticket.

✗ Bacon, egg and cheese breakfast sandwich: You've probably had to clear your kitchen drain from time to time. Now imagine the blood vessels carrying blood to your brain filling up with the congealed grease left in the pan after you fry the bacon. Then think about someone you know who has had a bad stroke. Can they dress themselves?



LUNCH / SNACKS

During the day you want to keep that supply of sugar to your brain nice and steady. By avoiding sugar highs and lows and giving your brain the fuel it needs you'll be better able to stay focused on your driving and react quickly when needed. And you won't feel nearly as tired. The other big advantage of delivering the right fuel at a steady rate is that once you get used to it you won't feel as hungry either and it'll help keep you from overeating.

The best way to do this is to eat in small amounts (about 200 calories of complex carbs with fiber and low fat protein), every two hours. It's easier to do if you pack your food in one serving packages, and if you find yourself eating 2 or 3 (or more) servings at once, then only take one serving out at a time. Put your lunch box away where you can't reach it while driving, if you have to stop the truck to get more food you are far less likely to cheat.

If you haven't already done so, check out page 59 to learn about what foods are carbs, proteins and fats. It will help you understand the suggestions below.

Snacks that are **sweet: BEST CHOICES**



1 piece of fresh fruit. Easy to prepare (just wash), pack (just put in your bag) and eat, and full of fiber and vitamins. The only thing lacking is some protein. So add a cup of 1% or skim milk to drink and you have a low calorie nutrient packed power snack! If you don't like milk, half a cup of low fat, non sugar yogurt or low fat and low sodium cottage cheese will also give you the needed protein, but they need two hands to eat. Try for 3 servings of fruit/day.





LUNCH / SNACKS

Snacks that are **sweet: BEST CHOICES**



1 small slice of low-fat low-sugar baked goods:



It takes a bit of time to prepare your own muffins, tea breads, cookies and cakes, but it's worth the effort when you get to eat them and know they are providing you with good health, and just the right fuel to help you drive at your best. See page 51 for some recipes and page 23 for instructions on how to convert your favorite sweet treats to power snacks.



1 slice multi-grain bread or half a bagel spread with fat

free cream cheese and a teaspoon of jam: Fat free cream cheese is a great source of protein and one teaspoon of jam only has 4 gm of sugar. There is enough fiber in the bread to slow down the release of the sugars so this makes a great sweet snack.

Snacks that are **sweet: OK CHOICES**



½ granola bar:

Of the commercial granola bars Kellogg's Fiber Plus and All-Bran Honey Oat Bars are probably the best of them - but you don't need the whole bar, only half at a time. Read the labels and stay away from products with much more than 100 calories, 5 gms of sugar and 3 gms of fat in half a bar (half of the regular serving size). Fiber and salt are also items to consider. Check out the comparison of a few popular brands on page 114 to see how your favorite bar measures up. Whichever you choose, it's OK to have a granola bar snack once or twice a week, but they don't give you much else in the way of vitamins and minerals and so are not your best

choice. Protein and meal replacement bars like SoLo bars are much higher in protein and contain some vitamins and minerals, but they are also much more expensive. Better yet, make your own from the recipe on page 53 and get the right combination of nutrients and fuel to keep you at your best.



1 cup instant pudding, fat and sugar free: Made with skim milk pudding gives you the benefits of a glass of milk, but like calorie free soft drinks its main drawback is that these kinds of foods don't include other important nutrients like fiber and vitamins. When you rely on them you are not learning to change your food habits towards a healthier lifestyle. Fold in a tablespoon of cottage cheese and one of wheat germ, ground flax or bran to increase the nutrient quality substantially.



¾ cup low fat, flavored yogurt: Yogurt is full of vitamins, minerals and protein, but there is a fair bit of sugar in flavored yogurt. A better choice would be a sugar free product. Mix it with a bit of fresh chopped fruit or a sprinkle of cereal and ground flax or wheat germ to increase the fiber and make it fill you up

Snacks that are **sweet: POOR CHOICES**



Muffins, banana bread, cookies: You might think that a muffin is a better choice than a donut but Costco muffins have more than



600 calories each, including half of your daily fat allowance. These kinds of foods go directly to fat storage, you may as well just paste them to your belly cause that's where they will end up.



LUNCH / SNACKS

Snacks that are **sweet: POOR CHOICES**



Fruit cup: Be careful that you have chosen a variety packed in water. Even those labeled 100% fruit juice include extra sugars that you don't want. Same for commercially dried fruits, many are coated in sugar syrup before they are dried. See page 98 for an explanation of what happens when you eat food with a lot of sugar and why it leads to diabetes. But also remember that drivers who had big jumps up and down in blood sugar were not able to react as quickly as drivers who kept their blood sugar more stable



Soft Drink: Full of sugar and nothing else, this about the worst choice you can make. Within 10 minutes you'll get a big jump up in blood sugar and a big hit of insulin followed by a large drop in blood sugar.

The outcomes are pretty much guaranteed to be diabetes, heart disease, obesity and poor concentration when driving. See page 60 for an explanation of blood sugar and insulin.



Drivers' reaction times were up to a **FULL SECOND FASTER** when they ate small complex carb and low fat protein snacks every 2-3 hours throughout the day.

Snacks that are **savory: BEST CHOICES**



Half sandwich, bagel or wrap made with whole grain bread, a little lean meat or bean spread (see page 44 for some great recipes for bean spreads)



and some vegetables. For meat your best choices are grilled chicken breast, thin slices of venison or lean beef, salmon or water packed tuna. Don't limit yourself to the old standards of tomato slices and lettuce; try peppers, cucumbers, sprouts, asparagus, zucchini and thin sliced mushrooms, onions and eggplant. Brush the vegetables with olive oil and roast for an hour in the oven or over the barbeque for great flavor. Try different breads too - there are so many to choose from: Pitas, bagels, wraps and buns are all good, but make sure it's the whole grain item, and keep your serving size to less than 100 calories from the bread. Stay away from high fat and high salt add-ons like butter or margarine, mayo, cheese and sausage. Some mustards and relishes are also high in salt, so once again you will have to check the nutrition label. Give the roasted vegetables a try; they have so much flavor and some moisture, so you'll find that you don't need to add anything else.

Check the nutrition label to make sure your mustard and relish aren't too high in salt →

Nutrition Facts			
Serving Size 3 oz. (85g)			
Amount Per Serving		As Served	
Calories 38		Calories from Fat 0	
		100% Daily Value	
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0g			0%
Sodium 0g			2%
Total Carbohydrate 0g			3%
Dietary Fiber 0g			8%
Sugars 0g			
Protein 0g			
Vitamin A 270% • Vitamin C 10%			
Calcium 2% • Iron 0%			
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,600
Total Fat	Less than	85g	10g
Sat Fat	Less than	25g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



LUNCH / SNACKS

Snacks that are **savory: BEST CHOICES**



2 cups mixed greens salad with half

a chicken breast, tin of water packed tuna or salmon.



A salad made with fresh greens and just about any kind of vegetable is a nutrition packed snack. Add a little protein in the way of leftover chicken, or a water packed fish like tuna or salmon. For dressing stay away from fat and salt loaded mayo and salad dressings. Instead use a low calorie dressing (20 calories per tablespoon or less) or better yet make your own with a little balsamic vinegar, mustard and some spices and save yourself money and a lot of salt. There are some easy recipes on pages 46-48.



1 cup veggies and 1 tablespoon dip:

For optimal health you need 8-10 servings of fruit and vegetables every day so bring along carrot, celery, pepper, and zucchini sticks and a handful of cauliflower and broccoli flowerets. Cherry tomatoes and snap peas make a nice treat too, and even fresh asparagus and string beans are good crunchy snacks when raw. Try some new vegetables like Jicama root. Its sweetness is in the form of a soluble fiber not sugar, so it's a great sweet treat for diabetics! Dips are messy, so if you like the taste of vegetables without topping then this is a stand alone item, but if you need to flavor things up try non fat cream cheese blended with herbs or one of the bean spreads on pages 44-45 as your dip.



½ cup spicy mix made with a few almonds and walnuts, low salt pretzels, and cereals such as Cheerios and Shreddies. Mix all the ingredients together and sprinkle with chili, garlic and onion powders, Worcestershiresauce, hot sauce and any other spices that you like. Toss well and spread on a baking sheet, then cook in a low oven (300°F) for 30 min stirring occasionally. It's done when it turns nice and crisp. Cool and bag.



1 cup soup or stew in a thermos: Soups are satisfying and flavorful but dry mixes and tinned products are usually high in salt. See the recipe section on page 41 for some suggestions for homemade soups. They are easy to make and much lower in salt and fat than store bought soups. Get yourself a small wide mouth thermos and have a hot nutrition-packed snack for lunch. It's especially nice during the winter.



½ peanut butter sandwich on multi-grain bread: The protein in the peanut butter is good but the fat is not. Even the fat reduced peanut butters are about 75% fat, and more calories than you need. You can reduce the fat by purchasing a "natural" peanut butter, letting the oil separate to the surface and pouring most of it off. The solid residue of the peanuts has the taste, protein, fiber and vitamins but it will be hard to spread. To make it easier to handle scrape it out of the jar and puree it in a blender with something to soften it like tofu or even just some hot water. You can also use bananas or apples or even a little bit of honey or jam. Put it into small containers and store it in the refrigerator and freeze any you won't use up within a few days.



LUNCH / SNACK



Jerky: Beef, venison, turkey and salmon can all be dried and make a great high protein low-fat snack, but the problem with most jerky is that it is very high in salt. If you are making your own, you can choose a low salt marinade made with lime or wine and spices instead. Smoke it for added flavor.

Snacks that are **savory: POOR CHOICES**



1 cubic inch cheese and 3 crackers: While cheese is a good source of protein and calcium it is mostly made of fat, making it just too high in calories to suit a driver's lifestyle. Rather than making it a main part of a meal or snack, save your cheese for just a sprinkle on top of your favorite pasta. A better choice here is to use low fat cream cheese blended with herbs or one of the bean spreads on page 44 as a topping for your crackers. Add a slice of cucumber, pepper, radish or zucchini to increase the crunch and gain another serving of nutrient rich vegetables in the process. As for your choice of crackers, you are going to have to read labels again. Be careful because a lot of crackers are high in fat and salt, and low in fiber. Your targets are less than 80 calories, 2 gm of fat and 60 mg sodium and more than 2 gm of fiber per serving. Two low sodium Stoned Wheat Thins (Red Oval Farms), or 3 low sodium Triscuits or 3 reduced fat and sodium Breton crackers are acceptable.



12 almonds or other nuts: You hear a lot about how nuts are supposed to be healthy for you, and



it's true that they contain some important vitamins, fiber and lots of "good fats" (the fat in nuts is in a form like olive oil that does not contribute to heart disease). But they still pack many more calories than a driver needs. And most of us like our nuts salted, which is not good for your blood pressure. So like cheese, nuts should be saved for flavor and garnish, and perhaps a treat snack once or twice a week. Just 12 almonds contain enough calories and salt for one of your snacks.



10-12 potato chips: There is no denying that the crunch and salt are satisfying, but you may as well just eat the oil and salt because the chip



doesn't offer you much else. The baked versions reduce the fat content from 75% to about 50% which is still too high. And the low salt

versions reduce the salt from 10% of your daily allowance to about half that. The baked veggie chips that advertise they are made from fresh vegetables are no different, they use just enough powdered vegetable to color a potato chip. Try the oven baked French fry recipe on page 26 instead of chips when you have a potato craving and switch to fresh veggies for crunch. The spicy bean dips will help satisfy the need for something salty and flavorful.



A steady supply of blood sugar during the day is essential. And the only way to do this is by eating

small amounts of complex carbs (with fiber) and protein every two hours. Not sugary foods. And not fatty foods. Do you know someone who had an accident driving their truck? If they had reacted a second faster do you think they could have avoided it?



DINNER

If you've eaten properly during the day you have far less need to stuff yourself at dinner. The idea is to provide the fuel when needed, and not swing between starvation and gorging. Once your body gets used to the idea that it will be getting small amounts of food regularly your hunger will settle down. Add in the increase in physical activity and you should find that instead of sitting in front of the television and snacking you are out enjoying yourself and burning calories, and your need to just eat for the sake of eating will lessen.

Another advantage of not eating as much at night is that there will be less in your stomach when you go to bed. Since now you know that it takes 1 hour to digest carbohydrates, 2 hours to digest proteins and 3 hours to digest fats, you know that if you eat dinner at 4 or 5 and snack on chips with TV at 6 or 7, your stomach will still be working full tilt when you go to bed at 7 or 8. A lot of drivers have trouble settling down to go to sleep, but **you'll sleep better and process your food much better if instead you eat a small meal at 4 or 5 and go for a walk instead of eating the chips.**



Dinner is a chance to enjoy friends and family, and have a hot meal. Take the time to sit down and share it with people you like and care about.

When planning your menu you still want to base your meal on complex carbs and protein while keeping fat and salt down. Here are some examples of choices for each, and some recipes. There's also a section on how to adapt your favorite meal, but if you need help email your recipe to droberts@selkirk.ca and I'll send it back to you with instructions.

- **The protein:** Choose from fish of all types, skinless chicken or turkey breasts, lean cuts of beef and pork and most game meats. Cut away any visible fat deposits and choose a cooking method that doesn't add any fat like grilling, broiling, baking and stewing. You'll find tips on how to cook without fat in the section below along with some recipes. Portion size should be about 100 gm (3.5 oz or just under ¼ lb) cooked or 150 gm raw (5.3 oz or just over ¼ lb).



- **The carb:** The usual dinner carbs are pasta, rice and potatoes and all of these are good choices, with a little adjustment. Switching to whole wheat pasta and brown rice will add fiber. If you don't like the texture or taste of the whole grain products then mix them half and half with white pasta or rice until you get used to the taste, and then gradually use less and less of the low fiber product. Likewise scrub your potatoes instead of peeling, the peel has most of the fiber and vitamins. There are also other grains that are easy to cook that make great alternatives. Try bulgur, cornmeal (polenta) and quinoa for a change. They each have their own flavor and texture and can help make your meals more interesting.





DINNER

The big trick with all these items is what you put on top. Cream sauces, butter, sour cream and cheese are not good choices but the recipes below will all give you plenty of flavor and moisture to add to your carb instead of the fat and salt filled usuals. And of course there is portion size. One serving of carb is just under one cup and that gives you roughly 200 calories.

- The rest: **Veggies**, veggies and veggies. Assuming that you've had 2-3 fresh fruit snacks and one veggie snack during the day you still have 4 servings to make up to reach your daily target. One cup each of two vegetables will do it, or have one cup of vegetables and a last piece of fruit for your desert. Salad or steamed vegetables with a little lemon or a sprinkle of sautéed onion and garlic and herbs are alternatives to butter and cheese toppings. Many of the recipes below will include a serving or two of vegetables in the sauces as well. Vegetables are such a great source of vitamins and minerals and the fiber will help fill you up and keep your colon cancer free.





These are the basics about what to eat, when – but there is more to come, so don't stop reading just yet.

Understanding the “why” and “how” will help you make decisions about whether your recipe, food and drink choices are good for helping you drive and live well.

The reality is that your day is very long and your work is hard. There isn't a lot of energy left over at the end of the day for anything, let alone getting some physical exercise and preparing a meal that you are not familiar with and which you think will probably taste terrible because it's low in fat and salt. But now that you understand the importance of supplying the right fuel at the right time, you can make your decision knowing just how high the cost of those French fries and donuts really are. Like between 6 and 14 years off your lifespan¹ and 40 feet longer for your stopping distance. This book and the Top Ten Tips can help you make small adjustments to your lifestyle and eating choices so that you will be a lot healthier and **be the best driver you can be.**



PREPARING MEALS WITHOUT ADDED FAT

The fat in most meals can be decreased without changing the taste or texture. Some baked items such as brownies and cookies require more fat, but you can still cut the oil, margarine or butter in them by a lot.

When **baking**, the oil or margarine can usually be reduced to about $\frac{1}{4}$ - $\frac{1}{2}$ of the amount called for by the recipe. Increase the liquid ingredients by the same amount you've reduced



the fat using pureed fruit of any kind (apple sauce, cooked pumpkin or squash or mashed banana all work well), egg whites, or plain yogurt with good results. You can also add low fat, low sodium cottage cheese, tofu, or dry skim milk powder to boost the protein content and wheat germ, grains, and a few nuts and seeds for extra nutrients. If you don't like the texture of the grain pre-cook it to soften it. Rather than greasing the pan, sprinkle it with cornmeal, oats, flour, or ground nuts to prevent sticking. Reduced-fat baked goods go stale faster than the high-fat versions so just leave out enough for one day, and store any extras in the freezer.



Replace whole milk or cream by using skim milk for an easy fat save. If you are used to whole milk then make

the transition easier by switching first to 2% for a week, then to 1% for a week, and finally to skim, or better yet use skim milk but add a tablespoon of dry non-fat milk to richen it up until you get used to the lighter taste.

Minimize fat in stews and other dishes that require pre-browning or sautéing by using a non-stick or seasoned cast iron pan. Brown the meat in a preheated hot pan in small batches, stirring constantly, and scraping the pan to keep it from sticking too badly (it will sear immediately and start to stick). Once all the meat has all been seared add some chopped onion and garlic and put the meat back into the pan. Keep stirring and scraping, and as the onion releases its juices the tasty brown bits stuck to the bottom of the pan will dissolve and coat the meat and onions for the best flavor and most tender meal you have ever tasted. Use in a crock pot or your favorite stew.

Cool **stews and soups** after simmering so the fat hardens on top and can

be spooned off. **Broiling or barbequing** are also great ways

to cook as they allow fat inside the meat to melt off. No need

to add oil to the meat, any marinade works well without.

Likewise your grill will be just fine without oiling. If you are worried about the meat sticking, put a layer of onions or lemons down on the tin foil.



Flavor can be added and meat tenderized by using a marinade. Put the meat, poultry, fish (or tofu) in the marinade the night before, and leave it in the fridge for up to 2 days, before cooking. Traditionally marinades contain a lot of oil, which you really don't need. Start with something acidic, like cider, balsamic or just plain vinegar; lemon, lime or orange juice, or wine also works well. Add in some of your favorite herbs and spices (leave out the salt and high salt items like soya sauce).



PREPARING MEALS WITHOUT ADDED FAT

Place the protein in a shallow dish or sealable plastic bag, and coat well with your marinade. If you prefer a dry rub, you can keep the amount of acidic liquid to a tablespoon, and rub the protein all over rather than cover it with a liquid. Grill or bake for a delicious dinner!

The amount of **meat can often be reduced** and combined with beans for higher-fiber, lower-fat meal. If your family doesn't like beans, puree or mash them before adding them to the sauce, soup or stew. They will thicken



it without changing the texture or taste. Fish, **poached, baked**, broiled, or barbequed without adding oil or butter should be served at least once a week (if your budget can manage it). Use water-pack over oil-pack versions for tuna and other canned foods. Vegetarian dishes with beans or tofu are often lower in fat, but be careful: many vegetarian recipes and prepared dishes contain a lot of oil or high-fat ingredients like cheese.

Preparing **cream and cheese sauces** is more difficult. Low-fat cheese does not melt as nicely as full fat does, and in most cases it's still relatively high in saturated fat and salt. If cheese must be added as in pizza or to top lasagna, use only a sprinkling. Full-flavor toppings such as water-pack artichoke hearts and a sprinkle of feta go a long way to replacing lots of gooey mozzarella. Condensed skim milk and low-fat yogurt can sometimes replace cream. White sauce can be made without butter, but requires additional seasoning for flavor (try mustard, Worcestershire sauce, and/or dill).



Delicious **oven fries and roast potatoes** can be made by rinsing cut up potatoes in cold water to remove excess starch, then tossing in a bowl with a teaspoon of olive oil for every 3 potatoes. Add spices to this mixture for a little extra punch. Place the potatoes on cookie sheets without crowding too much and bake at 375°F for 45 min till crispy and golden – wonderful!

With a little care a great deal of fat (especially unhealthy saturated and trans fats) and a lot of salt can be cut from the diet. See the next section for some recipes.



Reducing the fat in your diet will have a big impact on your health and your driving. Some drivers in the study had diets that were made up of 50% fat! Since fats slow down the digestion of everything you eat for 3-4 hours, the drivers who were eating so much fat would not have been getting the right fuel to keep them alert while driving.

All of these recipes can be made ahead in large quantities and reheated.

Let's face it - by the end of the day there isn't much energy left over to start cooking a meal. You need something that is fast and easy to prepare.

DINNER

BRAISING BEEF OR VENISON

Use this method to begin any stew, curry, or dish that requires tender chunks of beef. Prepare the meat early in the day or even a full day before you need it.

INGREDIENTS:

¼ lb	(0.15kg)	Meat/person, cut into cubes and trimmed of fat
½	Medium	Onion/person, thinly sliced
½	Clove	Garlic/person, minced

DIRECTIONS:

1. Use a large non-stick or seasoned cast iron pan. Heat the pan on high heat before adding the meat and have everything ready to go.
2. Add the meat in small batches so it is all in contact with the bottom. Using a good egg flipper stir the meat constantly, scraping the pan to keep it from sticking too badly (it will sear immediately and start to stick). Once the meat has all been seared add the onion and garlic and add all the meat back in. Keep stirring and scraping until the onion is soft and all the brown bits stuck to the bottom of the pan have been dissolved.
3. Add enough water to cover the meat, put in the crock pot or cover tightly, and simmer (not boil!). Cook until the meat is very tender (45 min - 2 hours). If you've done all this the night before then refrigerate it all overnight. Any fat in the broth will rise to the top and harden, and you can scrape it off before continuing on with your favorite recipe.

This recipe would also work very well in a crock pot

INGREDIENTS:

2 lbs	(1 kg)	Beef chuck or round or venison cut into cubes
¾ cup	(180mL)	Ketchup
1 tbsp	(30mL)	Worcestershire sauce
2 tsp	(10mL)	Brown sugar
4 tsp	(20mL)	Paprika
½ tsp	(2mL)	Dry mustard
		Cayenne pepper to taste
1 ½ cups	(375mL)	Water
6 cups	(1.5L)	Hot cooked noodles

DIRECTIONS:

1. Begin with braised beef, add spices and water. Cover and simmer 2 hours in total (if you simmered the braised beef after browning you can cut this time down to ½ hour).
2. Serve over hot noodles (Cook noodles just to al dente and do not add any extra oil).

INGREDIENTS:

2 tbsp	(30mL)	Dijon mustard
1 tbsp	(15mL)	Lemon juice
1 tbsp	(15mL)	Crushed peppercorns
½ tsp	(2mL)	Dried oregano
3 lbs	(1.5kg)	Lean beef or venison roast

DIRECTIONS:

Combine all ingredients and rub over meat. Marinate overnight. Cook roast 20 min/lb, let stand 10 min. then slice thinly. Use left over marinade to make a sauce by adding 2 cups of beef low sodium broth (500 ml) and then simmering 15 min. Thicken with flour and water.

INGREDIENTS:

1	Medium	Onion, diced
3	Cloves	Garlic, minced
2 tbsp	(30mL)	Fresh ginger, minced
½ cup	(125mL)	Paprika
1 tbsp	(15mL)	Coriander seed
2 tsp	(10mL)	Cracked black peppercorns
2 tsp	(10mL)	Cardamom pods
1 tsp	(5mL)	Hot pepper flakes
1 tsp	(5mL)	Cinnamon
½ tsp	(2mL)	Whole allspice
¼ tsp	(1mL)	Ground cloves
¼ cup	(60mL)	Lemon juice
2 tbsp	(30mL)	Water

DIRECTIONS:

1. Cook spices together with onion, garlic and ginger in a dry skillet over medium heat for 2-3 minutes. Combine all ingredients in a blender and puree to a smooth paste. Spread over beef, poultry or seafood and marinate overnight.
2. Grill meat and slice thinly, serve with rice. Use the left over marinade to make a sauce by adding 2 cups (500 ml) of low sodium beef broth and then simmering 15 min. Thicken with flour and water.

INGREDIENTS:

3 lb.	(1.36kg)	Lean boneless pork or venison roast, trim all fat
1		Acorn squash
2		Sweet potatoes, peeled
1/2 cup	(125mL)	Unsweetened applesauce
3 Tbsp	(45mL)	Prepared horseradish
1 Tbsp	(15mL)	Cornstarch
1/2 tsp	(2mL)	Each ground allspice, cinnamon, cloves
1/4 tsp.	(1mL)	Pepper
1 cup	(250mL)	Low sodium chicken broth
1/4 cup	(60mL)	Raisins
1 tsp	(5mL)	Dried thyme leaves

DIRECTIONS:

1. Heat oil in a heavy skillet and sear roast on all sides. Cut acorn squash into 8 wedges and remove seeds but do not peel. Peel sweet potatoes and cut into chunks. Place squash and sweet potatoes in 6-7 quart slow cooker. Top with browned pork roast.

In a small bowl, mix together applesauce, horseradish, cornstarch, spices, broth, and thyme. Pour into slow cooker.

2. Cover crockpot and cook on low for 7-9 hours until pork and vegetables are tender. 8 servings

INGREDIENTS:

1 lb	(0.5kg)	Extra lean ground beef or ground venison
1 lb	(0.5kg)	Ground chicken or turkey breast
1 egg + 2 egg whites		
½ cup	(125mL)	Dry breadcrumbs
2 Tbsp	(30mL)	Each wheat germ, ground flax seed and oat bran
½ cup	(125mL)	Pureed cooked mixed dried beans (see the recipe for Spicy beans on page 43 for instructions on how to prepare the beans)
¼ cup	(62.5mL)	Tomato paste or crushed tomatoes
1 tbsp	(15mL)	Low sodium soya sauce
2 tsp	(10mL)	Worcestershire sauce
1 tsp	(5mL)	Balsamic vinegar
1 tsp	(5mL)	Each chili powder, ground cumin and coriander
1	Medium	Onion chopped very fine
2	Cloves	Garlic minced
1		Green pepper, chopped very fine

DIRECTIONS:

1. Mix all ingredients together very well. If it's too moist add a bit of whole wheat flour or some slightly under-cooked bulgur or barley to soak up some of the liquid. The mixture should be soft but not wet.
2. Shape into 10 patties. Grill on the barbeque or place on rack if broiling so that any fat can drip off. Cook well until no pink remains at all when burger is cut.
3. Serve on a toasted whole grain bun with thick slices of tomato and onion, lettuce, sprouts and sweet peppers

INGREDIENTS:

1 lb	(0.5kg)	Lean ground beef or venison
1	Large	Onion, chopped
6	Cloves	Garlic, minced
1 ½ cups	(375mL)	Cooked black beans (see cooking instructions on page 43)
2	Medium	Green peppers, cut in chunks
1	Large	Can diced tomatoes (28 oz or 796 mL)
1 cup	(250mL)	Frozen corn
2 tsp	(10mL)	Cumin, ground
2 tsp	(10mL)	Hot red pepper flakes
½ tsp	(2mL)	Black pepper
2 tbsp	(30mL)	Red wine vinegar
1	Handful	Fresh cilantro, chopped

DIRECTIONS:

1. Cook meat until browned over medium heat and drain off any fat.
2. Add onion, garlic, and pepper chunks and cook for 5 minutes.
3. Add cooked beans and tomatoes and cook for 10 minutes more.
4. Add remaining ingredients and simmer for 15 minutes or until sauce is desired thickness (add cilantro during the final 5 minutes). Serve over rice or corn bread or wrap in tortillas.

INGREDIENTS:

1		Onion, chopped
1		Sweet red pepper, chopped
2		Carrots, chopped
2 cups	(500mL)	Other stir fry vegetables
2 tsp	(10mL)	Curry powder
1 tsp	(5mL)	Ground coriander
1 tsp	(5mL)	Ground cumin

MARINADE:

¼ cup	(60mL)	Low Sodium Soy sauce
1 tbsp	(15mL)	Brown sugar
2 tbsp	(30mL)	Fresh lime juice
2	Cloves	Garlic, crushed
1 tbsp	(15mL)	Fresh ginger, grated
¼ tsp	(1mL)	Hot chillies/ sauce

DIRECTIONS:

1. Marinate 454g (1 lb) shrimp, chicken, tofu or beef cut in strips.
2. Drain meat, reserving marinade.
3. Stir fry 2 min in 2 tsp canola oil. Set aside.
4. Stir fry vegetables 1 min, add spices and cooked whole wheat noodles ($\frac{3}{4}$ cup per person), cook 2 min.
5. Add meat and marinade and cook 2 min longer.

It's also good without the noodles served as a wrap in whole grain tortillas.

INGREDIENTS:

1 lb	(0.5kg)	Lean beef, venison, chicken breast, or firm tofu, cut in thin slices
4	Cloves	Garlic, chopped
3 tbsp	(45mL)	Fresh ginger, chopped
1 tsp	(5mL)	Hot red pepper flakes
2 tsp	(10mL)	Canola oil
1	Medium	Onion, chopped
2		Green and/or red peppers, cut in strips
1 cup	(250mL)	Mushroom, sliced
2 cups	(500mL)	Broccoli flowerets, green beans, or asparagus
½ cup	(125mL)	Cold water
½ cup	(80mL)	Low Sodium Soya sauce

DIRECTIONS:

1. In a large wok or deep frypan, heat garlic, ginger, and pepper flakes in oil.
2. Add meat slices and toss until cooked, push to the side.
3. Add veggies and toss until shiny. Add water, cover, and steam 5 minutes.
4. Add cooked meat back in along with soya sauce and heat through (about 2 minutes).
5. Serve over rice or noodles with a sprinkling of toasted sesame seeds.

INGREDIENTS:

1 lb	(0.5kg)	Lean beef, venison, chicken breast, or firm tofu, cut in chunks
4	Cloves	Garlic, chopped
2 inches	(4.5cm)	Fresh ginger, sliced thinly
1	Medium	Onion, chopped
1 tin	(355mL)	Unsweetened with Pulp Frozen Orange Juice Concentrate, thawed + 2 tins water
2 tbsp	(30mL)	Honey
¼ cup	(60mL)	Low Sodium Soya sauce
¼ cup	(60mL)	Vinegar
2 tbsp	(10mL)	Lemon Juice
1 tsp	(5mL)	Curry powder

DIRECTIONS:

1. Mix all ingredients except the meat together and simmer for 15 min. If desired stir-fry the meat first, or just add directly to sauce. You can also use pre-cooked or left-over meat or chicken.
2. Simmer meat in sauce another 20-30 min until the meat is done, or heated through for tofu or pre-cooked meat (about 10 minutes).
3. Serve over rice or noodles.

INGREDIENTS:

4	Fillets	White fish of any type
1	Large	Fresh lemon
2	Cloves	Garlic, minced
1		Onion chopped
2	Large	Leeks
1	Large	Can chopped tomatoes (28 oz or 796 mL)
2 tsp	(10mL)	Chili powder
1 tsp	(5mL)	Hot sauce
2 cups	(500mL)	Chopped vegetables (green beans or eggplant are good)

DIRECTIONS:

1. Wash the leeks and trim the tops of the green part where it's very tough. Slice the rest into rounds.
2. Grate the lemon peel and squeeze the lemon.
3. Heat a deep pan until a drop of water sizzles, then add the onion and garlic and stir constantly until the onion is soft, add the leeks and continue stirring on high heat until the leeks also soften.
4. Add the tin of tomatoes and juice, the lemon and the spices.
5. When simmering reduce the heat and place the fish on top and cover. Simmer 5 min and turn the fish.
6. Simmer another 5 min.
7. Serve with rice, this is great cold the next day for lunch!

INGREDIENTS:

3	Large	Cans diced tomatoes (28 oz or 796 mL)
1	Large	Onion, chopped
2	Cloves	Garlic, minced
2 tsp	(10mL)	Each oregano, basil, chili powder
1 cup	(250mL)	Celery chopped, finely
½ cup	(125mL)	Sweet peppers, chopped finely
1 cup	(250mL)	Cooked mixed beans, mashed or pureed (see the recipe for Spicy beans on page 43 for instructions on how to prepare the beans)
1 lb	(0.5kg)	Lean ground beef, chicken or venison
2.2lbs	(1kg)	Low fat cottage cheese
9 oz	(255g)	Package chopped frozen spinach, thawed
2 tbsp	(30mL)	Parsley
1 tbsp	(15mL)	Dill
1		Egg
1		Egg white
1 lg or 2 small		Packages whole wheat lasagna noodles (500g)
Grated mozzarella to cover sparsely		

DIRECTIONS:

1. Cook lasagna noodles just to al dente stage, rinse in cold water and set aside.
2. Mix cottage cheese with eggs, spinach, parsley and dill until well blended, refrigerate until needed.
3. Brown meat with onions and garlic, drain well. Place meat in a large pot and add tomatoes, remaining spices, beans and vegetables.
4. Rinse the tomato tins with water and add to the pot along with 1 full tin of water. If you are using noodles that do not need pre-cooking add another tin of water to the sauce. Taste the sauce and if it's too acidic add 1 tsp sugar.
5. Bring to a boil and simmer for at least 1 hour.

6. Assemble lasagnas in deep pans, this recipe makes enough for one 8x11" plus one 8x8", or three 8x8" pans.
7. Start with a layer of sauce, then noodles, then cheese and another layer of noodles.
8. Top with tomato sauce and another layer of noodles and sauce if you have room.
8. Cover with tin foil and bake at 325°F for 1 hour.
9. Remove foil and increase oven temperature to 425°F. Top lasagna sparsely with a sprinkle of grated low fat mozzarella and return to oven for about 15 min or until the cheese is browned and bubbly.
10. Let stand for 15 min before cutting.

INGREDIENTS:

2	Large	Sweet potatoes or yams, peeled and cut into 1-inch cubes (6-8 cups or 1.5-2 L)
1	Large	Onion, diced (2-3 cups or 500-750 mL)
4	Cloves	Garlic, minced
4-6 cups	(1-1.5L)	Assorted chopped vegetables (celery, green pepper, zucchini)
4-6 cups	(1-1.5L)	Assorted cooked beans
2-3 19 oz	(562mL)	Cans stewed tomatoes
¼ cup	(60mL)	Lemon juice
1-2 tbsp	(15-30mL)	Each ground coriander, ground cumin, chili powder, curry powder
1 tsp	(5mL)	Black pepper, ground
¼ cup	(60mL)	Raisins
¼ cup	(60mL)	Peanut butter
6 cups	(1.5L)	Low Sodium Vegetable broth (to cover vegetables)
1	Handful	Fresh chopped cilantro

DIRECTIONS:

1. Simmer all ingredients together and serve over Couscous.

INGREDIENTS:

2 tbsp	(30mL)	Sesame seeds, toasted
1 tbsp	(15mL)	Garlic, minced
4 tbsp	(60mL)	Fresh ginger, minced
3		Scallions, minced
2 tbsp	(30mL)	Peanut butter
3-4 tbsp	(45-60mL)	Warm water
¼ cup	(60mL)	Low Sodium Soy sauce
¼ cup	(60mL)	Rice or wine vinegar
1 tsp	(5mL)	Hot sauce
1 tsp	(5mL)	Sugar

DIRECTIONS:

1. Whirl it all together in a blender and serve over hot pasta, veggies and tofu or bite-sized (cooked) chicken or beef strips.

INGREDIENTS:

1 tsp	(5mL)	Olive oil
4	Medium	Carrots, sliced
1/2	Medium	Onion, chopped
1	Clove	Garlic, chopped
2 tsp	(10mL)	Fresh ginger root, peeled and grated
1/2 tsp	(2mL)	Ground cumin
1/2 tsp	(2mL)	Curry powder
1/4 tsp	(1mL)	Salt
1/4 tsp	(1mL)	Pepper
3 cups	(750mL)	Low sodium vegetable stock or chicken stock
1/3 cup	(83mL)	Red lentils

DIRECTIONS:

1. Heat oil in soup pot. Add carrots, onion, garlic, ginger, cumin, curry, salt and pepper.
2. Sauté for 5 mins on medium high.
3. Add stock and lentils.
4. Stir, bring to boil.
5. Reduce heat to simmer for 30 mins, until tender.
6. Puree until smooth.

INGREDIENTS:

1 tbsp	(15mL)	Olive oil
1 lb	(0.5kg)	Lean stewing beef cubes
3	Stalks	Celery, sliced
4	Medium	Carrots, sliced
1	Bunch	Broccoli
1	Medium	Onion, chopped
2	Cloves	Garlic, chopped
19 oz	(562mL)	Can stewed tomatoes
3/4 cup	(180mL)	Barley
6 cups	(1500mL)	Low sodium beef broth
1 tsp	(5mL)	Thyme
1		Bay leaf
1 tsp	(5mL)	Parsley
1 tsp	(5mL)	Basil
½ tsp	(2mL)	Paprika
½ tsp	(2mL)	Salt
½ tsp	(2mL)	Pepper

DIRECTIONS:

1. Add olive oil to pan.
2. Add onion and garlic cloves, sauté.
3. Add beef cubes to pan and season with salt and pepper.
4. Add beef sauté to soup pot.
5. Add celery, carrots, broccoli, stewed tomatoes, barley, beef broth, thyme, bay leaf, parsley, basil and paprika.
6. Stir, bring to boil over med high heat.
7. Cover and simmer until tender.

Go through the dried bean section at the store and select at least 6 different varieties. Mix ½ cup of each variety in a large pot. Rinse several times with cold water, and then let stand overnight covered in cold water. Change the water and bring to a boil, then let simmer several hours until the beans are soft. Drain well and freeze in 2 cup portions. You can add some beans made from this mix into most any recipe for an added source of low fat protein.

INGREDIENTS:

4-6 cups	(1-1.5L)	Drained cooked beans
3-4		Fresh limes (juice from)
3 tbsp	(45mL)	Each of chili powder, coriander and cumin
4	Cloves	Garlic, crushed
1		Onion chopped

DIRECTIONS:

1. Mix all ingredients and bring to a simmer, you may need to add about ½ cup of water to form a bit of sauce.
2. Simmer ½ - 1 hour, serve with tortillas, lettuce, other vegetables, and salsa.

Makes a great dip/sandwich spread as well.

LUNCHES

HUMMUS (CHICK-PEA SPREAD)

INGREDIENTS:

¼ cup	(60mL)	Tahini (sesame paste - drain off the excess oil and discard)
1 tsp	(5mL)	Cumin
2	Large Cloves	Garlic, crushed
1	Medium	Onion
2 tbsp	(30mL)	Lemon juice
3 tbsp	(45mL)	Hot water
1	(500 ml)	Can cooked chickpeas, drained or 2 cups (500mL) mixed cooked beans
1	Small	Handful chopped fresh parsley
To taste		Cayenne pepper

DIRECTIONS:

1. Blend all ingredients in a food processor until smooth. Serve with vegetables, pita bread or in a sandwich.

LUNCHES

BABA GHANOUJ (and variations)

Follow the recipe for Hummus but use roasted eggplant and 1 cup (250mL) of beans. Char the whole eggplant on a barbeque for a really wonderful smoky flavor, then scrape out the pulp and add to the other ingredients. You can also use roasted red peppers or spinach instead of eggplant for other great flavors.

INGREDIENTS:

1 lb	(500g)	Scrubbed carrots halved (6 medium)
1	Head	Garlic (top cut off to reveal cloves)
1	Medium	Onion peeled and quartered
1 tsp	(5mL)	Olive oil
2 tbsp	(30mL)	Tahini (sesame paste - drain off the excess oil and discard)
1 tbsp	(15mL)	Plain low fat yogurt
2 tbsp	(15mL)	Non fat mayonnaise
1 cup	(250mL)	Cooked mixed beans (kidney, chickpea, navy, black, soya)
1 tsp	(5mL)	Grainy mustard
1 tsp	(5mL)	Curry Powder
1 tsp	(5mL)	Fresh Pepper

DIRECTIONS:

1. Rub carrots, onion and garlic head with oil and roast at 350°F for 1 hour until soft.
2. Slip garlic from the skin and place in a blender with all other ingredients. Process until smooth and well mixed, and thin with a little lemon juice or water until it reaches the desired texture.

CREAMY SALAD DRESSINGS: low fat, low salt

Start with the following, puree well in a blender

1/4 cup	(60mL)	Low fat cottage cheese
3 tbsp	(45mL)	Buttermilk or yogurt
2 tsp	(10mL)	Cider or balsamic vinegar

Then add one of the following sets of spices

GREEN GOODNESS

1	Clove	Garlic, minced (or 2, if you like)
1/8 tsp	(0.6mL)	Hot red pepper sauce
1 tbsp	(15mL)	Parsley, chopped

SPICY MUSTARD

1-2 tsp	(5-10mL)	Hot Dijon mustard
1 tsp	(5mL)	Each thyme and sage
¼ tsp	(1.3mL)	Pepper

RANCH

1 tsp	(5mL)	Each oregano and basil
¼ tsp	(1.3mL)	Pepper

VINAIGRETTE SALAD DRESSINGS: low fat, low salt

PARSLEY-TOMATO VINAIGRETTE DRESSING

¼ cup	(60mL)	Tomato juice (low sodium)
1	Pinch	Cayenne pepper
¼ cup	(60mL)	Red wine vinegar
½ tsp	(2mL)	Oregano, fresh
1 tbsp	(15mL)	Onion, minced
½ tsp	(2mL)	Black pepper
¼ cup	(60mL)	Parsley, chopped fresh
½ cup	(60mL)	Tomatoes, chopped, fresh
1	Clove	Garlic, minced

Place all ingredients in a blender or food processor. Process until smooth, store refrigerated for up to 3 days

RED PEPPER VINAIGRETTE

¼ cup	(60mL)	Unsweetened apple juice
¼ cup	(60mL)	Cider vinegar
2 tbsp	(30mL)	Onion
1	Clove	Garlic, pressed
Pinches		Rosemary and thyme
½ tsp	(2mL)	Dried whole oregano
½ tsp	(2mL)	Dry mustard powder
½ tsp	(2mL)	Paprika
½		Roasted red bell pepper

Mix in a blender. Blend thoroughly and chill overnight. Store refrigerated for up to 3 days

TOMATO VINAIGRETTE

½ cup	(125mL)	Tomato, chopped
2 tbsp	(30mL)	Wine vinegar
½ tsp	(2mL)	Dried basil
½ tsp	(2mL)	Dried thyme
½ tsp	(2mL)	Dijon mustard

Mix in a blender. Blend thoroughly and chill overnight. Store refrigerated for up to 3 days

ORIENTAL VINAIGRETTE

¼ cup	(60mL)	Wine vinegar
2 tbsp	(30mL)	Low sodium soya sauce
1	Clove	Garlic, pressed
1 tbsp	(15mL)	Grated fresh ginger
½ tsp	(2mL)	Dijon mustard
1 tsp	(5mL)	Toasted sesame seeds

Mix in a blender. Blend thoroughly and chill overnight. Store refrigerated for up to 3 days

BREAKFAST

MUESLI (per person)

INGREDIENTS:

¾ cup	(180mL)	Rollled oats (mix rolled with instant)
1 tbsp	(15mL)	Raisins
1 tsp	(5mL)	Sugar
¼ cup	(60mL)	Plain low fat Yogurt
¾ cup	(180mL)	Milk
¼-½ cup	(60mL-125mL)	Fruit + juice

DIRECTIONS:

1. Mix all together (should be very thin consistency) and refrigerate overnight. It gets even better after sitting for a few days!

BREAKFAST

YOGURT SMOOTHIE

INGREDIENTS:

1 cup	(250mL)	Plain low fat Yogurt
¼ cup	(60mL)	Skim milk powder
1 tbsp	(5mL)	Wheat germ
1 cup	(250mL)	Banana, orange, berries, melon
½ cup	(125mL)	Juice or milk

DIRECTIONS:

1. Whirl all ingredients together in a blender and enjoy. You can pretty much add any combination of fruit and liquid as suits your taste.

Watermelon is excellent as is orange and banana or strawberries and banana. Try pineapple and coconut extract too.

This is an excellent post workout drink.

BREAKFAST

THE BEST PANCAKE RECIPE EVER

INGREDIENTS:

3		Eggs, beaten
3 cups	(750mL)	Flour (I use a mix of 1 cup (250mL) white, 1 cup (250mL) whole wheat and 1 cup (250mL) of: cornmeal, oats, grain of your choice)
¼ cup	(60mL)	Wheat germ
¼ cup	(60mL)	Bran
½ cup	(125mL)	Skim milk powder
2 tbsp	(30mL)	Baking powder
1 tbsp	(15mL)	Baking soda
2-3 cups	(500-750mL)	Water to make a thin batter
1-1½ cups	(250-375 ml)	Plain yogurt

DIRECTIONS:

1. Stir to mix well and then add plain yogurt - it will bubble and foam and makes lovely light pancakes.
2. Serve with fruit and yogurt as a topping.

BREAKFAST

EGG BURRITO

INGREDIENTS:

1		Whole egg
2		Egg whites
1 tbsp	(15mL)	Minced onion
1/8 tsp	(0.6mL)	Minced garlic
1 tbsp	(15mL)	Chopped lean chicken
1 tbsp	(15mL)	Grated low fat cheddar cheese
1 tbsp	(15mL)	Medium salsa
1 med		Whole wheat soft flour tortilla
1	Dash	Pepper

DIRECTIONS:

1. Drizzle 1/2 tsp olive or canola oil into non-stick fry pan and heat.
2. Add onion when it begins to sizzle and stir fry onion and garlic till soft.
3. Add chicken, eggs, cheese and salsa. Stir+ cook till done and mixture is dry.
4. Drain any remaining liquid and wrap in tortilla, tucking ends in tightly so it can be eaten with one hand.

BAKED GOODS

Most recipes for baked bars, sweet breads, or muffins can be adjusted by decreasing the oil content by at least half and substituting either yogurt or pureed fruit (such as applesauce). You can also decrease the sugar by about 1/3. You can substitute about 1/4 the volume of flour with dry powdered skim milk and other goodies such as wheat germ, oat or wheat bran and ground flax. Extra eggs, or pureed tofu or cottage cheese will raise the protein content.

BAKING

BLUEBERRY SCONES

INGREDIENTS:

2 tbsp (30mL) Margarine (melt in bowl in microwave)
1/3 cup (80mL) Sugar
1½ cups (375mL) Flour
¾ tsp (3.75mL) Baking soda
¾ cup (180mL) Rolled oats
2 tbsp (30mL) Wheat germ/ground flax
¼ cup (60mL) Dried skim milk powder
1 Egg
1 Egg white
2/3 cup (170mL) Plain low fat yogurt
¾ cup (180mL) Frozen blueberries or dried cranberries or
other chopped dried fruit
Zest of 1 lemon

DIRECTIONS:

1. Cut together margarine, sugar, flour and baking soda, then cut in oats, wheat germ, milk powder and lemon zest.
2. Mix together egg and yogurt and stir in, adding berries when nearly mixed.
3. Drop by the spoonful onto a baking sheet and bake at 350°C for 20-25 min until lightly browned.

INGREDIENTS:

2 ½ cups	(625mL)	Bran
2 cups	(500mL)	Whole-wheat flour
½ cup	(125mL)	Granulated sugar
1 tbsp	(15mL)	Baking powder
1 tsp	(5mL)	Baking soda
1		Egg, beaten
1		Egg white, beaten
2 cups	(500mL)	Buttermilk (or soured milk)
¼ cup	(60mL)	Skim milk powder
¼ cup	(60mL)	Wheat germ
1/3 cup	(80mL)	Vegetable oil
1/3 cup	(80mL)	Molasses
1 cup	(250mL)	Blueberries

DIRECTIONS:

1. Mix dry ingredients together in a large bowl, make a well in the center.
2. Crack the eggs into the well and pour all the liquid ingredients over the eggs. Mix the eggs into the liquid first and then the dry into the wet stirring just until moistened.
3. Spoon into muffin tins lined with paper cups.
4. Bake at 325° F for about 35 min then use a toothpick to check if the middle of the muffins are done.

INGREDIENTS:

3 tbsp	(45mL)	Canola oil
2		Eggs
2		egg whites
3 tbsp	(45mL)	Honey
½ cup	(125mL)	Orange juice concentrate unsweetened with pulp
½ cup	(125mL)	Whole-wheat flour
1 cup	(250mL)	Mixed diced dried fruits of your choice
½ cup	(125mL)	Mixed chopped walnuts, almonds, sunflower, sesame and pumpkin seeds
1 cup	(250mL)	Large flake oatmeal
½ cup	(125mL)	Dry skim or non-fat milk powder
¼ cup	(60mL)	Wheat germ, wheat or oat bran
¼ cup	(60mL)	Coconut and chocolate chips (optional)

DIRECTIONS:

1. Mix the first 5 ingredients together and then start adding the goodies: diced dried fruit (dates, raisins, figs, apricots), chopped or ground walnuts or almonds and seeds, low-fat dry skim milk powder, oats, wheat germ, bran and/or coconut. Oh yes, chocolate chips are nice! *If the dough gets too stiff add another egg or a bit more orange juice concentrate.*
2. Spread evenly in a greased 9-inch pan and bake at 300° F for about 40 min. Do not over brown.

INGREDIENTS:

- 1 X 15 oz (500mL) Tin black beans; rinse and drain
- 3 Eggs
- 3 tbsp (45mL) Canola oil
- ¼ cup (60mL) Cocoa powder
- ½ cup (125mL) Sugar
- 1 tsp (5mL) Vanilla
- 1 tsp (5mL) Instant coffee powder (use decaffeinated if desired)
- 2 tbsp (30mL) Chocolate chips (optional)

DIRECTIONS:

1. Preheat oven to 350°F.
2. Process all ingredients together until very smooth.
3. Bake 30 min or just until brownies appear dry on top and pull away from the sides of the pan.

INGREDIENTS:

1½ cup	(375mL)	Shredded carrots
¼ cup	(60mL)	Raisins
½ cup	(125mL)	Plain non-fat yogurt
¼ cup	(60mL)	Skim milk powder
½ cup	(125mL)	Unsweetened applesauce
¼ cup	(60mL)	Canola oil
1	Large	Egg
2	Large	Egg whites
1 cup	(250mL)	Sugar
2 tsp	(10mL)	Ground cinnamon
½ tsp	(2mL)	Each ground cloves and nutmeg
¼ tsp	(1mL)	Salt
1½ cups	(375mL)	Whole-wheat flour
1 cup	(250mL)	All-purpose flour
¼ cup	(60mL)	Wheat germ
1/3 cup	(80mL)	Warm water mixed with 1½ tsp (7mL) baking soda

DIRECTIONS:

1. Stir the carrots, raisins and spices together with all the wet ingredients except for the baking soda and warm water.
2. Then stir in the sugar, flours and the soda and water.
3. Pour into a 9-inch square non-stick pan and bake at 325° F for 1 hour or until a pick inserted into the center comes out clean.
4. Ice when cool with the recipe on next page.

INGREDIENTS:

1½ cups	(375mL)	Icing sugar
¼ cup	(80mL)	Cornstarch
½ cup	(125mL)	Plain non-fat yogurt
¼ lb	(125g)	Non-fat cream cheese
2 tsp	(10mL)	Lemon or orange juice

DIRECTIONS:

1. Beat the cheese well, gradually beat in juice, the yogurt and then the sugar and cornstarch.
2. Thin to desired consistency with juice or yogurt.

This recipe also works well for chocolate frosting, just add about ¼ cup of dry cocoa powder.

INGREDIENTS:

3 Tbsp	(45mL)	Margarine or butter
¾ cup	(180mL)	Brown sugar
1		Egg
2		Egg whites
½ cup	(125mL)	Unsweetened applesauce, pureed orange or mashed banana
1 cup	(250mL)	Whole wheat flour
1 tsp	(5mL)	Baking soda
2 ½ cups	(675mL)	Rolled oats
2-4 tbsp	(30-60mL)	Combined wheat germ, oat bran, 7-grain cereal, chopped seeds or nuts as desired
½ tsp	(2mL)	Almond extract or 1 tsp (5 ml) Amaretto
1 Tbsp	(15mL)	Milk, water, or yogurt
½ cup	(125mL)	Raisins

GLAZE

½ cup	(125mL)	Icing sugar
1 tsp	(5mL)	Amaretto or ½ tsp (2mL) almond extract
1-2 tbsp	(15-30mL)	Water

DIRECTIONS:

1. Beat butter with brown sugar until sugar dissolves.
2. Beat in eggs, then pureed fruit, baking soda, and Amaretto.
3. Stir in flour, oats and other grains/nuts, and finally raisins. Dough should be stiff.
4. Drop by spoonful onto pan and bake at 350°F for 8 min.
5. Cool on pan and drizzle with glaze.

INGREDIENTS:

½ cup	(125mL)	Margarine or butter
½ cup	(125mL)	Each white and brown sugar
2		Eggs
3		Egg whites
1½ cups	(375mL)	Low fat cottage cheese
½ cup	(125mL)	Each skim milk powder, wheat germ, bran
1 ½ tsp	(7mL)	Baking soda
1 tsp	(5mL)	Vanilla
2 cups	(500mL)	Flour
3 ½ cups	(875ml)	Rolled oats, or more to make a stiff dough
½ cup	(125mL)	Chocolate chips, chopped nuts, seeds or raisins as desired

DIRECTIONS:

1. Use a blender to puree the cottage cheese until very smooth.
2. Beat butter with sugars until dissolved, beat in eggs, then cottage cheese, baking soda, and vanilla.
3. Stir in flour, oats and other grains/nuts, raisins and finally chocolate chips. Dough should be stiff.
4. Drop by spoonful onto pan and bake at 350°F for 8 min. Do not overbake.
5. Cool on pan.

CARBOHYDRATES (CARBS)

1

Carbs are energy foods. They are the main fuel for the nervous system (brain and nerves) and the immune system (white blood cells). Without adequate carbs you can't concentrate, you lose coordination and feel irritable (more than usual 😊), and you are more prone to infections. Drivers in the study performed nearly 15% better when eating the high protein and high fiber carbohydrate snacks every two hours than when they ate their normal diet. This means that 15% more accidents could have potentially been avoided or reduced in severity. In 2009, 3,163 people died in accidents involving heavy trucks. A 15% reduction in the fatality rate would have saved 475 lives.

Not all carbs are the same. The simplest forms are sugars, just one or two units linked together. Glucose is the sugar that is used by the body's cells directly, but we can also use fructose, the sugar found in fruit. (See page 71 for more information on different sugars). Simple sugars are absorbed very quickly because they do not require any digestion; they appear in the blood within minutes.



Most carbs in foods are not simple; they are long, highly branched chains of glucose, like starch (we call these complex carbs). Generally, the **less processed the food, the more fiber is present, and the more time it takes for the glucose units to be released during digestion.**

On average, complex carbs take about an hour to be digested. They are foods like breads, pastas and cereals, grains, fruits and vegetables.



Unfortunately, your body only stores carbs in small amounts, and only in two locations: muscles and the liver. The carbs in muscle provide fuel for muscle work; they stay inside muscle and are never released back into the blood. So the only sources of sugar for the nervous and immune systems are from eating and drinking, and from the limited stores in your liver. These are only enough for a few hours so by the time you have slept overnight (or part of the night) they are pretty much empty. Mom was right when she always told you to eat breakfast!

Complex, high fiber carbs that release their glucose units slowly give you a nice steady supply of energy that you can use a bit at a time. Including a bit of low fat protein in each meal also helps to slow digestion and provide that necessary, steady supply of glucose. **Drivers reacted up to a second faster at making the correct decision when they ate small snacks of complex carbs and low fat protein every two hours.** That means that if you are traveling at 50 km/hr (30 mph) on a logging road and when you come around a corner there is a pickup on the road (no radio of course), you'll be able to get your truck under control about 14 meters (44 ft) earlier.

Since the body is so dependent on glucose, its level in the blood is very tightly controlled. This is where it gets a bit complicated. When glucose levels rise, the hormone insulin is released into your blood. Insulin increases

the movement of glucose from the blood into cells so that it can be stored, (or used if you are doing some physical work). Insulin also causes any extra glucose to be converted into fat, which can never be converted back into sugar for your nervous and immune systems to use. And sadly, our capacity to store fat is unlimited.

The amount of insulin released is based on the highest blood glucose level. This means that when blood glucose rises very quickly and sharply such as after eating or drinking a sweet treat (with a lot of simple sugars in it), a lot of insulin is released and a lot of glucose is removed from the blood and turned into fat. **This is why you feel tired and can't concentrate about 2 hours after a meal rich in sugars** - the glucose that your nervous system needs has been stored away. It's also why eating this way leads to type II diabetes. When insulin levels are high all the time your cells stop responding to it, so you need even more insulin (called insulin resistance). Eventually, if it goes on for long enough your insulin producing cells get burned out, and the only way to survive is to take insulin.... And that means injections with every meal for the rest of your life.



To keep blood glucose at a healthy level that will not lead to disease but will keep you feeling well all day long eat small amounts of complex carbohydrate based foods every two hours.



Protein foods are also important; they supply all of the building blocks for tissues and the enzymes needed for every process in the body.

Proteins are more complicated than carbs and are digested slower, taking about 2 hr to break down. When you eat protein together with carbs, it slows the digestion of both down.

Unfortunately, many sources of protein also include fat or are prepared with fat added (like beef, pork, nuts and cheese), so not all sources of protein are equal. Fat is a problem because it has more than twice as many calories as protein and carbs, and because driving doesn't burn a lot of calories, too much fat leads to obesity and some serious health risks.



Better choices are chicken and turkey breast, game meats, and fish.

Even just trimming all the visible fat from your meats and poultry can cut out about 35% of the fat in a meat. Vegetables and grains also contain some protein; especially dried beans, lentils, and tofu. These protein choices have the added benefits of being higher in fibre and lower in fat than most animal products.

Adding a few beans to your stews and casseroles is an easy way to improve the health quality of your meal. If your family doesn't like beans, just puree them before adding. No one will even know they are there. See page 23 for some more suggestions as to how to reduce the fat in your favorite recipes.

Protein plays another important role: it can be broken down and converted to sugar when you don't have enough sugar to fuel your brain (notice that fat can never be converted back into sugar). This causes muscle wasting, which is also not very good for you. It decreases your strength and your ability to burn calories, but worse than that gets some hormones that are linked to poor immunity and heart disease going. The best way to prevent this is to be sure to eat just a little complex carbs together with a little low fat protein about every 2 hours during those long days in the truck.



For a nice steady supply of energy all day long try to include a small amount of low-fat protein, such as lean meat, skinless chicken, fish, low-fat milk products, tofu, or cooked dried beans together with some high fibre complex carbs in every meal and snack.

Fats are much higher in energy than either protein or carbs. One gram of fat will generate 9 cal, **more than twice the calories in protein or carbs** (one pound of fat generates 3500 cal). **Fats also take longer to digest (3 - 4 hr)** and will slow down the digestion of other foods.

Fats do provide some very important nutrients. Four vitamins (A, E, D, and K) cannot be absorbed without fat and there are also essential fatty acids that are necessary for many important functions like blood clotting, immunity, and tissue repair. These polyunsaturated fatty acids are also known as omega-fatty acids, and there are two main types. Omega-3 fatty acids are found in cold-water fish, canola, walnuts, and flax; omega-6 fatty acids are in most vegetable oils. (You can make omega-9 yourself so you don't need to worry about eating them). Expensive oils and supplements really are not necessary. Good old canola oil has just about the perfect balance between omega-3 and -6, and heart healthy mono-unsaturated fats are also found in olive oil. **Eating a cold water fish twice a week, sprinkling some ground flax and wheat germ on your cereal, sandwiches and salads, putting a slice or two of avocado on your sandwich once a month, and using a little bit of canola or olive oil in your cooking will give you more than enough of these vitamins and fatty acids.**



VITAMIN D

The only vitamin that needs to be taken as a supplement is vitamin D. Recently scientists have discovered that this vitamin has some very important anti-cancer properties, so it's a very good idea to take 400 IU of vitamin D daily, plus drink two glasses of low fat milk. Vit D is not naturally found in many foods but milk in Canada (175 IU/glass) and the USA (100 IU/glass) is supplemented with vitamin D. Since there is a lot more Vit D in milk in Canada than in the USA, Canadian's need only take 200 IU in supplement form. Since most supplements are 400 IU/pill you could just take one pill every other day.

Fats to avoid: **TRANS FATS and CHOLESTEROL**

The fats that you want to avoid the most are trans fats. Trans fats are created during the hydrogenation process, when they take an unsaturated fat from a vegetable source (usually liquid at room temperature), and make it into a saturated fat so that it is solid at room temperature. Trans fats used to be found in many margarines, and commercial baked goods like cookies, cakes and crackers but now that we know how bad they are for your heart they are far less common.

Scientists also used to say that all saturated fats were bad for you, but this has now been questioned. It's probably alright for your heart to get a little saturated fats from nuts, meats and dairy products, **but for drivers the main problem is still the imbalance between too many calories coming in and too few going out.**





We know for certain that obesity causes many severe health risks and is guaranteed to shorten your life. Since all fats contain a lot of calories it is best to try and limit your intake of all fats.

Another fat that you need to be extra careful about is cholesterol because this is the main fat that **sticks to the inside of your blood vessels forming a substance called plaque**. Plaque narrows blood vessels and reduces the amount of blood that can flow through a vessel, and also makes them stiff, raising blood pressure (this is called atherosclerosis). High levels of low density lipoproteins (LDLs) in the blood means that you have too much cholesterol and that is strongly linked to heart disease.



Most of the cholesterol (about 75%) is made in your body and people who have a family history of high cholesterol typically have trouble because they make too much. It's hard to change how much you make without drugs, but a **diet high in sugars promotes the synthesis of cholesterol in your body**, so there is yet again another reason to stay away from sugary foods. The other 25% of the cholesterol is from dietary sources, and that is something that you can do something about. **Foods with solid fats like in beef and cheese are rich in cholesterol, as are egg yolks, so it's also wise to limit your intake of these foods.**

The best way to burn fat is through physical activity. Restricting your intake through diet also works, but it is much harder to keep the weight off if you have not increased your physical activity. Since we evolved from hunters who typically made a kill and then ate a lot at once, and then went for a long time with less food, our bodies are designed to resist losing weight through diet alone. There are a lot of exercise programs available through books and the internet, but most of them are not based on facts.



The truth is that any activity which increases your heart rate and makes you breathe hard will increase fat burning, and the more you do, the more fat you burn.

So **even 10 min of physical activity at a time will help, especially if you can do that 3 or 4 times per day, like when you are at the landing waiting to be loaded.** Any chance you

get to walk briskly, or to spend a few minutes skipping or jogging or chopping or lifting will increase the number of calories that you are burning.



And if your doctor clears it for health reasons, the more intensity you add the better. Don't just walk, walk fast (or uphill or carrying a heavy backpack). In a way you have to shock your body into realizing its time to switch from storing fat to burning it! Some of these things are harder to do when you are in the truck all day, but see the section on physical activity on page 81 for ideas on how to increase your activity level, and how to stay motivated to keep it up.

One other advantage to **physical exercise is that it increases the high density lipoproteins (HDLs)** in your blood. HDLs are also known as

“good cholesterol”. Their job is to pick up cholesterol from the inside of your blood vessels, so having more HDLs has a positive effect in lowering the bad cholesterol in your blood.



So in summary, a little fat in your diet is necessary because it tastes good, and provides you with some important nutrients.

- **Use just a little canola or olive oil, and eat cold water fish and drink low fat milk regularly.**
- **Take a vitamin D supplement and sprinkle a little wheat germ and ground flax seed on top of your meal** and you will get all the nutrients you need without too many calories.
- **Trimming all the visible fat from your meats and choosing low fat options like fish and white chicken and turkey or game meats are good choices.**
- **Low fat dairy products (cottage cheese, skim milk, non fat cream cheese and yogurt) are also great sources of protein and other nutrients.**
- **Learn to cook without added fat (see page 23) and forgo the extra fat in butter and mayo and you will be well on your way to a healthier lifestyle.**
- **Add in lots of fresh fruits and vegetables and some physical activity and you will add years to your life and keep your driving at its best.**

There has been a lot of publicity on hydration in the last few years. In truth, getting hydration right is a real performance enhancer. Headaches, fatigue and health risks follow drinking too little, but this is also true



of drinking too much. The recommended rate of intake is **250 ml, or one cup per hour**. If it's very warm or you tend to sweat heavily you will need more fluid than this.

Of all the choices of what to drink, **cold water is still your best bet**. It doesn't cost anything, contains no salt or calories, is thirst quenching, and when drunk in small amounts frequently is a great way to make sure you have enough fluid in your body. Unfortunately though, most people's first reason for drinking is the taste of something sweet. So if you aren't excited by plain water, try adding a splash of unsweetened grapefruit or cranberry

juice, or lemon or lime slices and keep your water cold. Fill your water bottle $\frac{1}{4}$ full and put it in the freezer overnight.



The lump of ice will melt gradually through the day and keep the water nicely chilled.

Getting into the habit of drinking water also helps decrease how much you eat, a real bonus if you are trying to lose weight. When you alternate eating and drinking it slows down how fast you eat, and increases the volume in your stomach, both of which are important for feeling like you have eaten enough.

If you find yourself very hungry, or just **driven to eat when you get home from work, tell yourself that you have to drink two glasses of cold water before you can eat anything.** The break in focus alone is sometimes enough to get you out of the binge eating phase, and if your hunger is still very strong it at least gives you time to think about why you want to eat, and what might be a better choice to make than grabbing that bag of cookies.

One thing to be very careful of is how much sugar you get in beverages. Even “natural” or “unsweetened” fruit juices have a lot of sugar and calories that you don’t need and don’t benefit from nutritionally. Consuming a lot of sugared drinks like “fruit drinks” and soft drinks raises blood lipids (fat) and leads to diabetes; and drinking more than just two sweetened drinks (fruit juice or soda) per week has been linked to an increase in the risk of developing gout. **If you make only one change this month, stop drinking soft drinks and fruit juices. You will lose weight, decrease your risk of high blood pressure, heart disease, diabetes and gout.** Talk about an easy fix!



So fill up your water bottle and sip away for improved concentration, health and weight management.

All sugars are created equal, it doesn't matter if it's brown or white, maple or corn, raw or processed, cane or beet. A sugar is the smallest unit of a carb and because it doesn't need to be broken down any farther it's absorbed as is. When you drink beverages containing sugars (whether soda pop or fruit juice) they appear in your blood within 5-10 minutes, and **cause a much larger amount of insulin to be released** than if that sugar was encased in fibre in a whole apple or orange.



There aren't any vitamins or minerals in sugars, no matter what their source. All they provide are calories. So there isn't any advantage to using "natural sugars" like concentrated fruit juice, honey, maple syrup, or agave nectar.

Artificial sweeteners are products that are designed to sweeten without adding calories to your diet. **All of the calorie free sweeteners available in Canada and the USA are safe for consumption in normal amounts.** There is no true proof that they can cause cancer or are harmful in any way. The main concern with their use is that they may encourage people to stick with diets that are not healthy rather than eating plenty of fruits, vegetables, whole grains and low-fat protein.



Sugar alcohols are also used to sweeten many processed foods, they are substances like xylitol and usually end in -ol. They are lower in calories than sugar but they are not calorie free and they can cause gas and diarrhoea if you eat too much of them. Stevia is included in this group of sweeteners. They have a smaller effect on blood sugar and insulin than sugar, but they still cause small increases because they are still carbohydrates.

Different sweeteners have different tastes, and sometimes if you use just a little bit less, you can avoid the aftertaste that some artificial sweeteners have.



The biggest problem facing drivers is the amount of time that you spend sitting and how that has lead to such high rates of overweight and obese drivers. The first thing that drivers can do to improve their health, decrease the risk of disease and even death, and improve their ability to drive well and react quickly while driving is to lose some weight. Artificial sweeteners can be helpful in reducing calorie intake, so use them wisely, to your advantage. But they are only one part of making healthy choices for diet and activity.



Table salt, sea salt, and seasoning salts are the obvious sources of sodium in our diets, but **almost 80% of the salt in the average person's diet comes from salt used in prepared foods as a preservative.**



We do need a small amount of sodium because it is important for fluid balance and essential to muscle and nerve function. Unfortunately though, **most of us eat more than double the amount of sodium that is needed for health** (The recommended intake for sodium is 1500 mg or just over half a teaspoon of salt in total per day, the upper limit is 2300 mg). Taking in too much salt creates a different problem - it increases blood pressure in some people, and that leads to strokes, heart disease, and kidney disease.

Most foods are now labeled with sodium or salt content. Those labeled "Low in Sodium" must have less than 5% of the Daily Value (recommended intake) or less than 120mg/serving. If the food contains more than 15% of the Daily Value or higher than 360mg/serving it must be labeled "High in Sodium" and it should be avoided).

Nutrition Facts	
Serving Size 3 oz. (85g)	
Amount Per Serving	As Served
Calories 38	Calories from Fat 0
<small>% Daily Value</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	2%
Total Carbohydrate 0g	3%
Dietary Fiber 0g	8%
Sugars 0g	
Protein 0g	
Vitamin A 270% *	Vitamin C 10%
Calcium 2% *	Iron 0%
<small>Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories: 2,000 2,600
Total Fat	Less than 65g 80g
Salt Fat	Less than 25g 30g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37g
Dietary Fiber	25g 30g

There are numerous studies that show that **decreasing the amount of salt in the diet can lower blood pressure significantly⁴**. It takes a

while to get used to a diet in low salt, but the payback is huge. Think about someone you know who has had a stroke - bet they wish they had forgone that high salt diet!

Here are some good resources for more information on health and salt:

<http://www.hc-sc.gc.ca/fn-an/nutrition/pol/index-eng.php>

<http://www.sodium101.ca/>



If you are overweight, have even moderately elevated blood pressure or you or your family have a history of high blood pressure or heart disease, you need to limit your salt intake.

- Use fresh or frozen unprocessed foods over tinned or packaged options.
- Choose foods labeled "sodium free", "no sodium added", "or low in sodium".
- Use pepper, vinegar, lemon, herbs, and spices to flavor your foods instead of salt. It takes a little while to get used to the taste of less salt, but after a little while your taste buds adapt and food will be flavorful again.
- Don't add salt in cooking or when preparing foods.
- Restrict how often you eat restaurant or fast foods.
- Increase the amount of potassium in your diet (potatoes, tomatoes, lima beans, brussels sprouts, spinach, yogurt and bananas are great sources).

COFFEE / COLA / ENERGY DRINKS



Drinks containing caffeine are **not good sources of fluid** as they make you lose water. But **caffeine is a strong stimulant**, and can be used very effectively to wake you up when you are tired. On the down side, **caffeine also places a greater load on your heart, raises your blood pressure, dumps fats into your blood stream, and acid into your stomach**, so use it wisely. Most days you should limit yourself to two cups of coffee (200-300 mg caffeine total). Brewed coffee has between 80-140 mg caffeine per cup; an average cola contains 45 mg caffeine. Black and green teas also contain caffeine, but far less than coffee (about 20-40 mg/cup). You should also beware of all the extra calories in the additives like cream and sugar (2 tsp sugar and 1 tbsp cream add 70 calories, an average cola contains 170 calories all from straight sugar). Plain dry non-fat milk or reduced-fat condensed milk can give the richness of cream without the extra fat. If you are unsure of what kind of sweetener to use check out page 71 for information on the differences between different types of sugar and sugar substitutes.



TOBACCO



Nicotine and other drugs in tobacco have strong effects on your body. Some of these effects make you feel good, but most are toxic to your health. **Tobacco is the leading preventable cause of death. Forty-five thousand people in Canada die every year from tobacco related disorders, and in the USA it is nearly ten times that number at 443,000 people.** One in 5 deaths in the USA are due to tobacco use, and 85% of lung cancer is due to smoking. Although we know that smoking, chewing and even breathing second hand smoke is lethal, the addiction is so strong that most people find it very very difficult to quit.

One of the worst effects of smoking is on the lungs. It irritates the airways and as tar builds up inside the lungs it eventually causes enough damage to the delicate tissue where gas exchange occurs that you can no longer supply your body with enough oxygen. And once that happens **60% of patients will die within 1 year, with less than 15% surviving 5 years.**

In addition to causing cancer and destruction of lung tissue, smoking also causes heart disease. Smokers have a 70% greater chance of dying from heart failure than non smokers.

Because smokers' lungs are not able to work as well, their hearts have to work extra hard to try and deliver what little oxygen gets into the blood from their damaged lungs. And nicotine also increases the development of atherosclerosis (plaque deposit and hardening of the arteries), which leads to high blood pressure and can even block small blood vessels that

supply the heart (causing a heart attack) or the brain (causing a stroke).

The risk of stroke is 50% higher in smokers. And if that isn't enough bad news for you, smoking can also lead to impotence. (Course, if you can't breathe or pump your blood to where it needs to go the sex probably wouldn't be that much fun anyhow. And don't forget, you'll need a partner who enjoys the smell of cigarettes, yellow teeth and fingers).

QUITTING

Like many of the changes in this book, stopping smoking or chewing is not going to be easy. **But like many of these changes every time you make a positive choice you are moving closer to your goal of health and longevity.** Quitting will be painful and require a lot of self discipline, but **there really is a very simple choice – a moment's pleasure or death?** A smoke or living to see your children grow up? A couple of months of discomfort or months of lying in a hospital bed connected to life support? Some self discipline or having a heart attack in your truck and killing a family of 4? **There really isn't any other option but to quit, is there?**



Because nicotine is so addictive it's wise to seek professional assistance to help with the quitting process. Don't waste your money on quick fixes, or low tar or light cigarettes, as they are just as harmful as regular smokes. But there are some medications that can help, and many people find some counseling or support necessary. And while some people are successful at stopping cold turkey, for others a more gradual approach

works better. Again, like with many of the other changes to diet and activity suggested in this book, start with making one choice at a time. Decide you won't smoke after 5 pm, or at home, or you will only buy one package of cigarettes per week. Realize that there will be setbacks - many people quit 4 or 5 times before they can quit for good. If you start smoking again it doesn't mean you won't ever stop, it just means that you have to get back to work on quitting again. Get lots of support and encouragement to help handle the urges to light up. Keep trying, you're worth it and your life depends on it!

When you do quit you'll find that there will be some real improvements relatively quickly. After about 2 weeks you should notice that the anxiety that is caused by the nicotine withdrawal lessens. After about 3 weeks you won't find yourself out of breath quite so often. And after one month you won't have as much coughing or mucus congestion in your throat. In 3 months your lung function starts to improve and in 9 months your chronic bronchitis will also be gone. Your risk of heart disease will go down to half of a continuing smokers risk after a year, and after 5 years your risk of cancer also starts to go down. And perhaps the greatest benefit of all, you **might help your kids to make the choice not to start smoking, and give them a chance at a good life.**



There are many great resources to help you, so if you are interested in quitting tobacco use get in touch with one of the following:

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>

<http://www.cdc.gov/tobacco/>

<http://www.quitnow.ca/>

ALCOHOL



Alcohol is a drug that acts on the brain.

It's a depressant and can cause loss of control and inhibition (intoxicant). Like many other

drugs that affect the brain it **can be addictive and heavy users can build up a tolerance.** But even when heavy users do not get the same mental effects there is still serious damage going on in certain organs like the liver and blood vessels. **Heavy alcohol intake greatly increases your risk of heart attack and stroke. Alcohol is also strongly linked to many types of cancer, even when intake is moderate.**



Alcohol also increases the release of insulin (see page 98 for more information on insulin), and so can cause problems with blood sugar levels, especially in diabetics. It **increases fat production and causes increased plaque synthesis (fat deposited inside your arteries), fatty liver deposits and obesity.** But even though heavy drinkers are

getting a lot of calories from the alcohol they do not get any nutrients and they can become malnourished.

Alcohol and driving do not mix. It impairs judgment, reduces attention and slows reaction speed. There is very little tolerance for commercial drivers. If you get **caught driving with a blood alcohol level of greater than**



just 0.04% in the USA you will lose your commercial license for a year (hazardous goods make that 3 years). Get caught a second time and you will lose it for life.

In very large amounts alcohol is a poison. It slows breathing and can cause violent vomiting and convulsions and even death. But just **getting drunk on a regular basis also causes death, it just takes a little longer.**

Once you become addicted your use of alcohol is not governed by normal constraints. It takes over with a loss of health, finances, friends and family. It's a very serious problem and if you think you might be addicted to alcohol you need to get help. Talk to your family, friends or community advisors like a religious leader or health care provider. They can help.

Here are a few web resources for more information:

www.heretohelp.bc.ca

www.symptomfind.com/diseases-conditions/alcoholism

<http://www.health.gov.bc.ca/mhd/resources.html><http://heretohelp.bc.ca/publications/factsheets/alcohol>

<http://www.cdc.gov/chronicdisease/resources/publications/aag/alcohol.htm>

The biggest health challenge that drivers face is the amount of time that you spend sitting. You might be able to manage your weight



by not eating, but you won't get all the added health benefits unless you also exercise your heart, your muscles and your joints. And there is no question whatsoever: **exercise IS the magic bullet**¹.

Getting at least 30 minutes of moderately vigorous exercise has been shown over and over again to:

- Prevent cancer
- Lower blood pressure
- Prevent heart disease
- Strengthen an ailing heart
- Prevent kidney disease
- Prevent diabetes
- Decrease the need for insulin shots in diabetics
- Increase good cholesterol (HDLs)
- Improve attention, memory and reaction time
- Prevent depression
- Slow aging
- Strengthen muscle, tendon, ligament, and bone
- Decrease death from all causes
- Increase life span
- Enhanced sex life



The role of exercise in diabetes and hypertension is so great that some people can be weaned off their



medications by exercise alone. The effect of exercise on your mind, muscles and joints is profound - a strong limber body that can do all the things you want it to do, whether that's hiking long distances carrying your hunting gear, playing with your kids or having great sex. A healthy, fit body makes it all more enjoyable. It's good for your brain too^{1,3} -people who exercise have much lower rates of depression, better memories, faster reactions and learn new things faster. And when you make these kinds of changes in your life there is a good chance that **your partner and kids will also improve their exercise habits and gain the same health benefits.** What better gift can you give them?

So how does a driver find the time and energy to get some exercise?

The first thing that you need to know is that **to get the health benefits of exercise you need to do just 30 min/day of moderately vigorous exercise** (this means that you have to be breathing hard enough that it is hard to carry on a conversation) **5 days per week but it doesn't have to be done all at once. You can break the 30 min up into three 10 minute segments and still get all the benefits.** You should also know that an hour of exercise 6 days a week will give you more and faster benefits than the basic 30 min/day. The harder (and longer) you work, the greater the gain (kind of like life)!

GETTING STARTED

If you haven't been exercising regularly it's important to check with your physician before beginning this or any other exercise program to make sure that you are not at risk for cardiovascular disease or have any other health concerns. Neither the author nor the sponsoring organizations are responsible for any illness or injury that may result from this program, and if you chose to follow the recommendations in this book you do so entirely at your own risk. If you feel faint or experience pain while doing these exercises seek medical attention immediately.

There are many ways to increase your physical activity so find **something that you like to do**. You will be far more likely to actually get some exercise if you have fun while you are doing it. Decide if you want your exercise to be...

- ☐ Alone or with a friend or group. Do you want company or solitude?
- ☐ In gameplay with a ball like basketball or tennis?
- ☐ In the water, like swimming or rowing?
- ☐ With equipment like biking or skiing or weightlifting?
- ☐ Without any equipment like walking or calisthenics?
- ☐ Are the costs reasonable?
- ☐ Where and when you will be exercising; at the landing while waiting to be loaded, at the ball park while your kid is practicing or at the gym?
- ☐ Can you find something that doesn't require you to be anywhere special, or even to get changed out of your regular clothing so you can do it during all those short periods of time while you are waiting for something else?



WHY DON'T YOU EXERCISE?

Most people say there are two main reasons that they don't exercise. The first is almost always that they **don't have enough time**. When you look



at a driver's day this is not an unreasonable statement. Up at 2:00 am or even earlier, in the truck until after 3:00 pm, and if you are an owner-driver then you have a couple more hours of maintenance to face. Once your truck is put away there are still all the constraints of life

as a father, husband, son (or mother, wife and daughter) and community member, like mowing the lawn, driving the kids to ball practice or doing the grocery shopping. **But if you start to change your perspective from "I can't" to "I can", what you will find is that there are some pockets of time in your day that are "wasted".**

Waiting in your truck for the scales, at the landing to get loaded, and on the road for construction are all periods of time that you could use for exercise.

So what is stopping you from whipping out your jump rope and doing **10 minutes of skipping?** Or putting on a good rain jacket and **going for a hike?** Or slapping on a pair of snowshoes and **tromping around in the bush** for an invigorating break? Or even just **doing laps** around your truck, **step-ups** onto the stair of your truck, or **curls and lunges** with dumbbells that you keep in the truck?



Could it be that the thing that is stopping you from getting all the health benefits that come with regular exercise is one of the following?

- **Safety:** This is a valid and real concern, and it always has to come first.

Let the equipment operators and other drivers know that you are getting out of your truck and plan to walk a short distance up the road or through the block. Keep your head up and stay well out of their way. Ask the loader operator how much time you have, they can usually predict very accurately how long your wait will be. Watch the time so that you don't have to rush back.

- **The Weather:** It's too cold, too hot, too wet or too dry. Life is kind of like that. Buy yourself a good rain jacket - the cost might seem high, but it's nothing compared to the cost of illness or injury, or consider it this way;



what would you pay for an extra 10 years of life?

Is it worth getting a little wet or sweaty or dusty to avoid having a heart attack? Dress in layers so that you can add on a sweater or strip down to regulate your temperature while exercising.

- **Walking or Skipping:** relatively low impact, takes up no space, guaranteed to get your heart rate up, you could do this on the road right beside your truck. So you are wearing boots, keep your skips fast and low to the ground and alternate them with laps around your truck to catch your breath (be sure to check with your physician before beginning an exercise program to make sure that you are not at risk for cardiovascular or joint disease or other health risks)



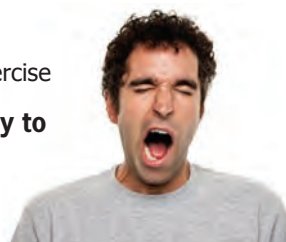
- **The Culture:** Ok, so in the past you would never find a driver out of his truck looking for some exercise, but it does happen, and if your friends are laughing at you, think of how hard you'll be laughing when you've lost that excess weight you've been hauling around with you. Or how sad they and their families will be when they are in the hospital after having a heart attack.

Keep in mind that if you do take a **10 minute exercise break you will not only gain the health benefits, but will also improve your driving.** Your headache and sleepiness will disappear like magic, along with your achy back. Increased blood flow from the exercise will wash out wastes and deliver nutrients to your brain, joints and kidneys to get everything working better!

The second reason that people say they don't exercise is that they are **too tired at the end of the day to do anything.** And that's not unreasonable either

as its likely that you rarely get a full 8 hours of

sleep. It's also likely because **during a day of driving you experience high levels of mental stress, and that feels exhausting.**




So although you might not feel like it at first, when you get some **physical exercise at the end of your work day, it gives you a chance to burn off the stress and restore some balance within your body.**

That's good for your mind and good for your body, and what you will find is that it leaves you both energized and relaxed. The more intense the exercise the more this effect will occur. **You'll be in a better mood, feel more like engaging with your family and will sleep better too.**

The time you *think you don't have* to spend exercising will be given back to you, because **instead of spending your evening time crashed on the couch you'll have the energy and the appetite to do something.** It might be chores or it might be playing with your kids, but you will feel like doing something other than channel surfing. And instead of going to bed and tossing and turning, you'll be relaxed enough to fall asleep easily and get a good night's rest.



When you get home from work get into the habit of immediately changing into workout clothing and spending 20 min at some vigorous exercise. Don't let anything else distract you, this is the priority, **it's essential for your health, your life and your driving!** Whatever means you choose you want to **get your heart rate up, your breathing should be deep and you should work up a good sweat.** Try a punching a bag, lifting some weights, banging squash or tennis balls around,  chopping wood, shoveling, hauling bags of grain or gravel, having a serious basketball one-on-one or doing a mini-circuit program (5 min of skipping, jogging or cycling alternating with 1 min bouts of push-ups, pull-ups, dips, step-ups, lunges, jumps, grapevine, sit-ups, leg-lifts, etc. Try alternating between an upper body exercise and one that loads the lower body before taking your 5 min aerobic break for more intensity).

Getting some vigorous exercise in the evening will work off some of that stress! The higher intensity work is great for getting rid of the effects of stress on your mind and body, and for burning a lot of calories in a short time. But be sure to **check with your doctor before beginning this**

type of workout as exercise at high intensity is more dangerous if you have very high blood pressure, a weak heart or problems with your blood vessels, lungs or kidneys.

Finish your workout with a nice cool down and a little stretching to prevent you from stiffening up. If you have sore muscles and joints take a few extra minutes here, and in your warm up too. **Make sure that everything is limber before beginning the intensity part of your workout.**



Whatever and wherever you can move, the payback is tenfold. How can you turn down something that will **add years to your life?** And years that you will spend feeling good! So pack a rain jacket and get out of your truck. **It's absolutely necessary to your life that you get 30 minutes of vigorous exercise at least 5 days per week. And plan to do a harder workout after work or on the weekend, at least 3 days per week, where you can really work up a good sweat.**



PART 1: THE BASICS OF STABILITY

It's been called a lot of different things including core strength, stability, and even balance. But no matter what you call it; spending just a few minutes a day focusing on posture and core will protect your back, knees and shoulders from injury. The good news is that many of the exercises can be done as part of your regular activities, they don't require much time, equipment or space. But it's very important that you ***focus on good form when doing stability exercises, because you are trying to break bad habits and teach your muscles to support your joints.*** That way, when you aren't thinking about it, the right muscle works at the right time to protect you from getting hurt and to reduce pain from old injuries.

You can do these exercises any time you have a few minutes, like at a red light, while waiting in line at the scale or even while you are brushing your teeth. At first they take some concentration and effort, but once you get used to them all you will have to do is think "core" and your back will be supported.

The first step is to get familiar with how to find neutral posture. You probably haven't listened to your spine in a long time, so this weekend spend 10 minutes in front of the mirror and re-learn how to stand up with your spine in its' strongest, most supported form. Then do the same thing while sitting. After all, that's your normal posture while driving, so it's very important to learn how to find a neutral spine while sitting.

KEY POINTS for technique

Start with good posture.



Look straight ahead, head not tilted up or down.



Imagine that a string is tied to the top of your head and there is tension on it pulling you taller, feel yourself grow to your tallest height while still looking straight ahead. Only your spine straightens, your shoulders and chest are still relaxed and down.



Ensure the **spine is neutral** (upper back curved out slightly, lower back curved in – see item 1 on the next page).



Then activate your core **but make sure you can still take a deep breath and twist at the waist without losing neutral posture or core activation** (see item 2 on the next page).



Activate your pelvic floor (see item 3 on the page 4).



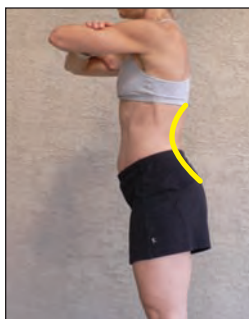
And finally activate your **glutes and feet** to hold knees from falling inward (see item 4 on the next page).

If you can't reach this ready position easily then go to items 1 - 4 on the following pages and practice with a mirror until you can. At first it takes a lot of thought and effort to find it, but after only a week of practice you will be able to go straight to this neutral and activated position. It's actually the place where your muscles work the best, so once you re-learn it doesn't take much effort to keep it.

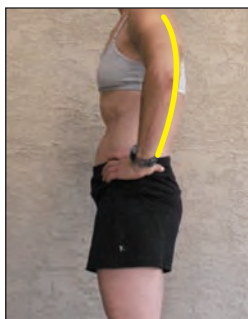
NEUTRAL SPINE

1

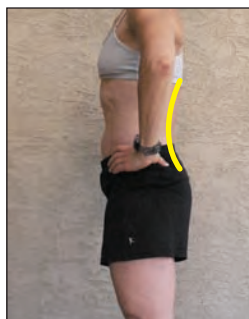
The normal relaxed spine has 2 small curves. For the muscles of the core to work properly you must start in the right position. Use a mirror or have a friend check that your upper back is slightly curved outward and your lower back is slightly curved inward. Take your position to the extremes or rounding and arching to feel the end points and then come back to the middle. When in the right position your hand should just nestle in the curve of the small of your back.



Hyperextension
Too much curve in lower back.



Pelvic thrust forward
Lower back too flat, upper back too curved.



Neutral
Just a little curve in lower back, shoulders relaxed but standing tall.



→ Your hand should just fit into the small of your back when your spine is in neutral.

ABDOMINAL ACTIVATION

2

Relax your abdomen completely letting your belly hang out. Then beginning about half way down between your pubic bone and navel, draw inward and upward. Don't hollow or lock down, your lower belly should be tight, but not hollowed inward, and you should still be able to take a deep breath and move your rib cage. It helps to put your fingers on your lower abdomen at the point where you begin to activate the muscle. You can practice this anytime, and should do so until it becomes very easy to do. Eventually, your lower abdomen will stay more or less activated all the time.



PELVIC FLOOR

3

Once your lower abdomen is activated add in the pelvic floor; these are also called Kegel exercises. To get used to this movement start by sitting upright on a hard chair with your feet shoulder width apart, spine in neutral position and sit bones flat on the chair. Let your belly hang out and relax your crotch to feel the chair between your legs. Then reverse this process, as though you had to go to the bathroom but have to hold it. Your belly and butt cheeks should not move; the only muscle working is the sling of muscle underneath your pelvic organs. You can practice this on the toilet while urinating until you get the hang of which muscle is working. Let the flow start, and then try to stop it completely. Guys should feel their testicles tighten and rise slightly.

Once you can activate the pelvic floor without moving any other muscles, practice by doing 10 contractions in a row. Do them slowly and deliberately, then quickly, and then do one contraction and hold for as long as possible.



Being able to activate your pelvic floor together with activating the lower abdomen and a neutral spine will make your core much stronger and will translate directly into less back pain. It also helps if you have knee or shoulder pain because the way you load these joints depends on your posture. So while it takes some effort at first the pay back is well worth it. Not only will your joints feel better there is an added benefit of better performance whatever your work, your sport, or your activity - including sex. A strong pelvic floor can generate stronger orgasms.

PUTTING IT ALL TOGETHER

You can practice **lower abdomen and pelvic floor activation** anytime but each stability session should begin with one or two of the exercises on this list. The first 5 exercises are ideal for while you are sitting in the truck, (or in that meeting you have to sit through)!

- 3a Harden and soften (Activate and relax the abdomen and pelvic floor 10 times). You can do this standing or sitting.
- 3b Activate and hold for 4 x 30 seconds. You can do this standing or sitting.
- 3c Activate and take 10 deep breaths, sucking air in and out to the bottom of your lungs without releasing the abdominal activation. You can do this standing or sitting.
- 3d Activate and twist about the waist facing the right and then the left 10 times. You can do this standing or sitting.
- 3e Activate and side bend each side 10 times. You can do this standing or sitting.
- 3f Activate and do a two legged knee bend 10 times. Only lower yourself to 45° and be sure to hold your knees and feet steady.
- 3g Activate and do a one legged knee bend but only lower yourself to 45°. Do 10 reps each side making sure to hold your supporting knee and foot steady.
- 3h Activate and do a one legged knee bend to 45°, extend the free leg to front and swing it to the side (or the reverse). Do 10 reps each side making sure to hold your supporting knee and foot steady.
- 3i Do any of items 3f – 3i with your eyes closed.
- 3j Do any of items 3f – 3i while standing on a cushion or other very slightly unstable surface like a pillow.

NEUTRAL SPINE AND ACTIVATED CORE

- 4a Bend forward and place your hands on your knees. Arch your back, lifting your head and sticking out your butt; then reverse the curve like a cat arching its back. Tuck your head and your butt in so your back curves outward. Then go back to *neutral* where your head is straight in line with your spine, your upper back is slightly curved upward and your lower back is slightly arched downward (Use a mirror to check for correct position). Once you get the positions this is a good exercise to warm up your back when you first get out of the truck. Spend 30s waking up your back before you start lifting or bending to prevent back injuries!!



Endpoint arch



Endpoint curve



Neutral spine

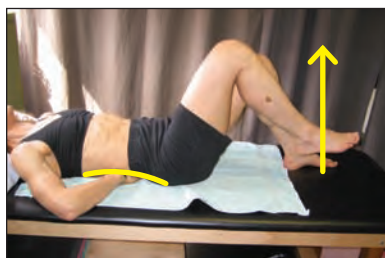
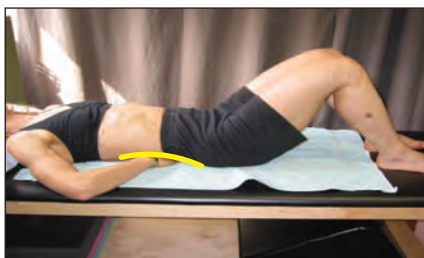
- 4b Put your hands on your knees and find the neutral spine position. Then do 5 repeats of the abdominal activation including your pelvic floor. Relax completely between each activation.



All of the exercises that follow are progressions from the basic form of finding a neutral spine and supporting it with an activated lower abdomen and pelvic floor. In each case movement or load is added, but its very important to make sure that the movements can be done while keeping the core stable! If you can't maintian a neutral spine and activated core stop and go back to less load. The whole point is to learn to keep your core stable when you are performing strong movements and not thinking about your core. To make it subconscious you have to practice doing it RIGHT!

4c

Bent Knee leg lifts, with neutral spine. There should just be enough room to tuck your hand in behind your lower back. Lift each leg 5 times.



Make sure you keep your spine in neutral and use your core and pelvic floor activation to stabilize your lower back. You should not feel any change in the pressure on your hand from your lower back or any side to side shifting in your hips as you lift your leg. Lift one leg at a time

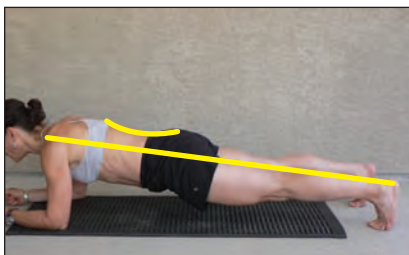
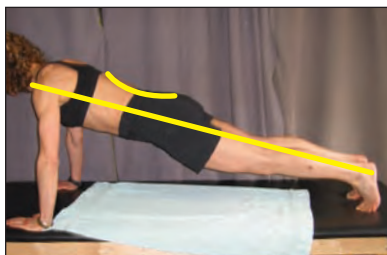
4d When you can lift one leg at a time without shifting your back at all, keep the first leg in the air and lift the second leg up as well, then lower one at a time. Do 5 repeats lifting the right leg first and 5 lifting the left leg first. The pattern is up right , up left, down right, down left. Then switch leading with the left leg first.



4e When you can complete 4d without shifting your back at all, keep the first leg in the air and lift the second leg up as well, then extend one leg at a time before lowering one at a time. Do 5 repeats lifting the right leg first and 5 lifting the left leg first. One repetition is up right bent knee, up left bent knee, straighten right leg, bend right leg, straighten left leg, bend left leg, lower right, lower left, and start again.



4f Plank with straight arms (easier) or on elbows (harder). Keep body level, with neutral spine. Make sure your butt is not dropped down or up in the air. Hold 30 sec.



SITTING EXERCISES: most can be done in the truck

5

SPINE IN NEUTRAL + ABDOMEN ACTIVATED

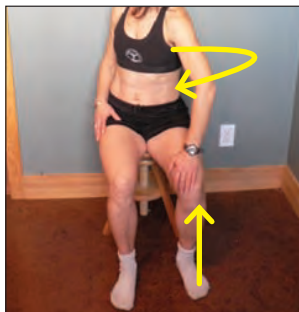
5a Sit on a chair, in your truck or on a ball with both feet on the floor. Sit up using your muscles to hold your spine in neutral. Activate your core and pelvic floor. Hold for 30 sec and repeat every hour.



5b Lift one foot off the ground at a time. There should not be any shift in your weight from side to side. Use your core and pelvic floor to carry the load, not your back. Do 10 leg lifts each side.



5c Rotation of upper spine. Sit up tall with good posture and both feet on the floor and core and pelvic floor activated. Twist at the waist to face the side, and then lift one foot off the floor. There shouldn't be any shift of your hips from side to side. Do 5 repeats each side twisting first, then 5 each side lifting your leg before the twist.



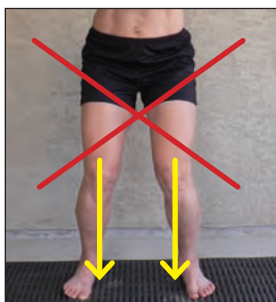
SPINE IN NEUTRAL + ABDOMEN ACTIVATED

Protecting your knees starts with a neutral spine and activated core because this position straightens out your hips so that your knees will be loaded evenly. If you currently have sore knees, adjusting the load through your back can really help to reduce your pain.

Before beginning the knee exercises ensure that your squat technique is correct.

- Spine stays in neutral with lumbar curve
- Core and pelvic floor stay activated to support spine
- Knee does not come forward of the foot (sit back as though you were going to sit on a chair. If you can't keep your balance put a thin book or board under your heels as illustrated in 6b)
- Knees are held outward so that the foot and knee do not roll in (see the squat with elastic banding 6a)

Knees and feet should not roll in.



6a Use a loop of elastic banding or a bungee cord around your thighs and press outward to activate the large muscles around the hip. **This is very important for protecting your knees.** When you press outward you will feel your butt cheeks contract. Once you know how that feels try to do it without the elastic band. Practice this movement of tightening up your butt, and add it to the sequence of:

1. Neutral back
2. Activate lower belly
3. Activate pelvic floor
4. Activate your butt



6b **Two leg squat.** Drop your butt down as though you are going to sit on a chair. Make sure that you keep your core, pelvic floor and butt activated. This is a good exercise to do when you can get out of the truck and want to stay near by. Do 20 squats with good activation, you can even use the tire chains as weights to add load.



6c One leg squat. Doing a knee bend on one leg decreases your stability and adds load so its very important to make sure that you keep your core, pelvic floor and butt activated to support your knee and back. This exercise helps re-set your reflexes for protection when you are doing normal movements like stepping down out of the truck. Do 15 knee bends on either side. At first you should hold on to the side of the truck to keep yourself from wobbling, but eventually work to be able to use your core alone. Your knee should stay in line with your foot and both hips should be level. Only go down as far as you can while keeping your heel on the ground and without letting your knee wobble.



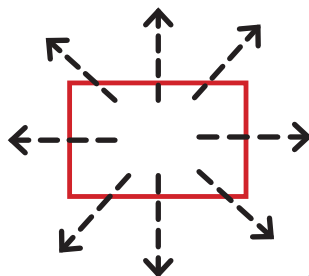
6d **Lateral lunge:** Step to the side and bend your knee, supporting your back, core and knees as for the single squat. Make sure to keep your core solid and not to allow any wobbling in your knee. To protect you knee, never let your knee come forward of your foot, so you will have to let your butt move backward as for the squat. Eventually you can add a side bend or side to side twist as this is another good exercise to do beside your truck while waiting to be loaded.



6e **Forward Lunge:** Step out forward with core and butt activated. Lower yourself down keeping your upper body in good posture and your knee behind your toes so that your weight is centered between your two legs. Don't let yourself wobble from side to side. As with lateral lunges this is a great exercise to do beside your truck, and you can add weight or twisting to increase the load. You can even put a cushion under your front or back foot to make it harder to stabilize, but remember to always keep good form!

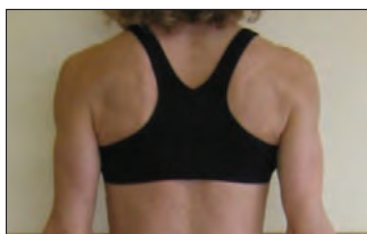


6f **Diagonal 3 step run and stop.** Here is another exercise that you can do beside your truck while waiting to load. The idea is to take a couple of steps and then stop abruptly, but hold the stop position for 10 seconds without any wobbling. Because you have some momentum from the 3 steps when you stop you will have to keep your core activated to balance. To increase the load you can finish in a lunge position, or speed up the 3 steps until you are almost running. You can do this exercise in all 8 directions (front, back, side to side, and the 4 corners).



NEUTRAL BACK, ACTIVATE CORE, PELVIC FLOOR + HIPS

Looking after your shoulders starts with the same basic movements. If your back is supported then much of the work in lifting and throwing can be done by the bigger muscles of the core and much less load is carried by the shoulder and arm.



The basic neutral spine and activated core position should always be your starting point. Add in shoulder position by pressing your shoulders downward. Lift and open your chest

slightly so that your shoulders do not curve in front of your body, but not so rigid that your upper back loses its slight outward curve. Check to make sure that your head is lined up with your spine and is not jutting forward to see out the windshield. One easy way to put this all together is to imagine that a string is tied to the top of your head, and someone pulls straight up on it to straighten out your spine. Spend a bit of time in front of the mirror until you can find this position. As always, hold it there with an activated core, but make sure that you are not locked down, so that you can still take a deep breath, or rotate your upper body. *Many of these exercises can be done while sitting in the truck, or while standing next to it while waiting to be loaded.*

CAUTION: Do not add weight or elastic banding unless you can do these exercises with good form without any pain!! Adding load when the joint is not stable can cause injury!

7a

Shoulder shrugs. Start with your neutral activated posture, Raise your shoulders up toward your ears and lower them back down. Then bring them forward, letting your back round up, and reverse the movement to pinch your shoulder blades together. Come back to the neutral position and repeat 5 times with each rep being a little bit bigger than the one before it. When you can comfortably return to center each time, try the movement as a circle; up, forward, down and back, and then reverse; back, up, forward and down. Try not to let your lower back release and arch as you move your shoulders. You will have to keep your core, pelvic floor and butt activated to control your spine while your shoulders move.

Inward circles are especially good, as this is the motion that you make when throwing your cables. Practice letting your arm move in the same direction as it does when you are throwing, but concentrate on keeping your core stable, with your back, belly, pelvic floor and butt activated. The when you actually do the throw, all you will have to do is think “core” and everything will stabilize.

7b

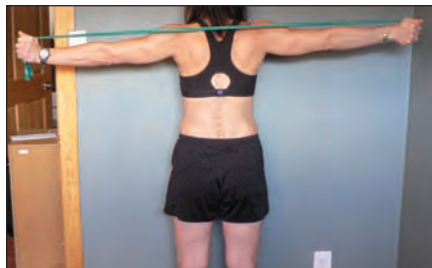
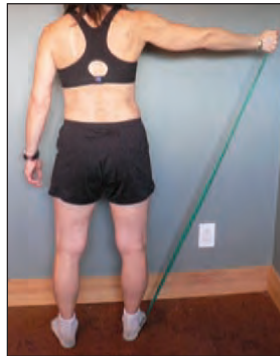
Standing push-ups. Stand about 2 feet away from your truck with feet pointing straight ahead and legs shoulder width apart. Keeping your body in neutral position with good activation place both hands at shoulder height against your truck. Do 20 push ups with good form. If this is comfortable you can add load by “falling” onto your hands and pushing off them to return to the upright position. Make sure to concentrate on not letting your should move inside the joint, instead let the load transfer to the stronger muscles of your core.

7c

Contractions in the cab. Any time you push against an object with your hand the force is transferred up through your shoulder into your core. You can practice these movements while sitting inside your truck when you are waiting in line for the scale. The first step is to sit up tall with your head level and activate your core, pelvic floor and butt. Then press your shoulders down slightly and make sure that you have a slight outward curve in your upper back. Now place your hands (or one hand at a time) onto the outside of the steering wheel and squeeze inward, keeping good posture and activation. Hold 20 seconds and then reverse, pulling outward for 20 seconds. Do 10 repeats. You can also use the dashboard, seats, or window (try them all) to create resistance in different directions, but always remember that the key is to practice adding load to your shoulder while keeping good posture and activation.

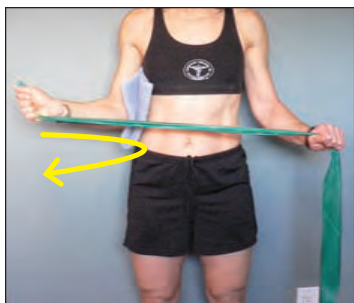
7d

Straight arm lifts. Like the rotational movements the main challenge in these exercises is to keep your shoulder stable while your arm moves inside the joint. Use elastic banding or a small weight for added load. Do 15 reps with each arm in each direction, raising and lowering to the front, side and back, with a straight arm

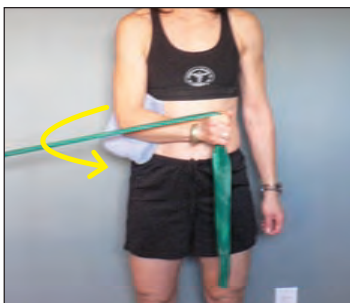


7e

Outward and inward rotation. You can do this exercise seated in your truck, with or without an elastic band or Bungee cord or a weight. The main challenge is to keep your shoulder stable while your arm moves inside the joint. Putting a towel or piece of paper between your elbow and your chest will help to keep body position. You can hold the elastic banding in the other hand or tie it off onto the door handle. Do 15 reps each side pulling inward, and 15 pulling outward.



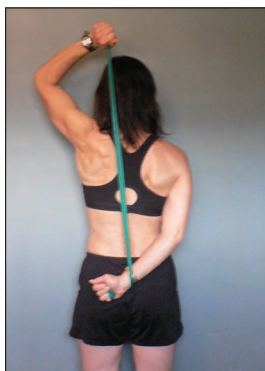
Outward pull



Inward pull

7f

Behind your back. This is a more advanced exercise so make sure that you can keep your back and shoulders stable in exercises 7a – 7e before trying it. Start without the elastic band, and gently stretch by trying to touch your hands together. Make sure that your shoulder and back stay

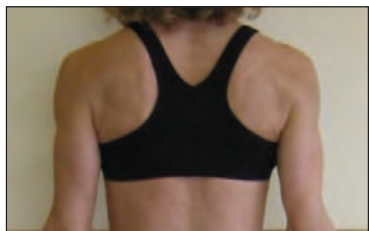


in proper alignment. Then use the banding to provide resistance to both arms as you straighten them out. If you can do 20 reps each side without pain then take the upper arm through the movement you would use when throwing your chains. Again, make sure that you are concentrating on keeping your back and shoulder alignment stable.

NECK EXERCISES:

8

Begin by reviewing the basic information about posture on page 91. Imagine that a string is tied to the top of your head and someone is pulling straight up. You should feel your spine get longer as you take the load off your lower back.



Your shoulders should be down and back, but you should still be able to take a deep breath and move your ribs normally as you breathe in and out.

Now position your head so that the vertebrae of your neck follow in a straight line up from your back. The best way to do this is to look straight ahead and keep your chin level; it shouldn't be dropped down towards your chest, or lifted up so that your eyes are directed upwards. Put your finger on your chin and push straight back to bring your neck in line with your spine.



8a Let your chin come forward as though you were peering out the windshield and then pull it back so that your spine is in neutral and your neck is in line with your spine. Remember to also bring your shoulders back. Do this movement 10 times.

8b Starting with a neutral spine, shoulders down and back (but chest relaxed) and your neck in line with your spine raise your arms in front of you as shown below. Your arms should be in line with your shoulders.



Keeping your back, neck and shoulder posture open your arms out to the side.

And then return to the beginning position, keeping your posture under control. Repeat 10 times.



8c Once you can do this exercise comfortably and keep your back in neutral, your shoulders down and back, and your neck lined up with your



spine the whole time you can add a bit of resistance. Fold some elastic banding in half and tie it from the middle to the outside door handle of your vehicle or to a tree. Hold one end in each hand and stand in good posture as described in 8a and b. Then raise your arms and repeat exercise 8b. Repeat 10 times.

8d Once again it's very important to make sure that you can maintain good posture throughout this exercise. Spine in neutral, shoulders down and back with a relaxed chest, neck in line with spine and chin level. Hold a weight in each hand, start with something that feels very easy. The weight is not the challenge here, as it's more important to learn how to manage movement in your arms while keeping your head and neck lined up with your spine. Raise your arms to the side as shown, then lower back down. Then raise them in front of you, and again lower the weights, always maintaining good posture.





PART 2: STRETCHING

Stretching is one of the most abused forms of exercise. When done incorrectly, it can lead to injury. But gentle stretching of warm and relaxed muscles can help reduce tension and restore length to tired and sore areas that feel tight.

WHEN YOU FIRST WAKE UP:

The discs between your vertebrae are full of fluid. When you lie down and your spine is not pressing down on them they plump up. It's not until you have been upright for about 30 min that gravity pushes down on them enough that they lose some of this plumpness. **If you stretch first thing upon getting out of bed, the amount of pressure on the discs is greatly increased** – it's like a fully filled water balloon, much more likely to burst than if the balloon is only partially full. Even bending down to put your socks on first thing can irritate an inflamed disc, so if you have disc problems try not to bend over until you have been upright for at least 20 min.

DURING THE DAY:

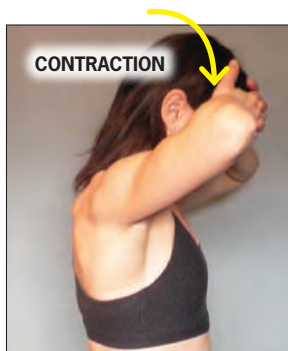
When you have to sit in the same position for long periods of time it's harder for blood to circulate through your muscles and they will tend to shorten. If you find a muscle is starting to tighten up and hurt you can release the cycle by first actively contracting it before a relaxing.

Contract the muscle that you want to stretch for 3 seconds. Then breathe and focus to relax that contraction. Repeat this cycle 3 times and then *without engaging the muscle that you want to stretch*, use your hands to pull the muscle into a stretch position. Repeat the whole process several times increasing the stretch slightly with each cycle. The hamstring stretch shown below is particularly good for this type of stretching.

HEAD + NECK STRETCHES

1

1a Relaxing the back of your neck: Place your hands on your forehead. Try to lower your chin down onto your chest but use your hands to stop your head from moving, contracting the muscles in the front of your neck. Contract for 3 seconds and then relax completely. Repeat for a total of 3 contractions and 3 relaxations. After the third relaxation put your hands behind your head and gently stretch out the back of your neck. Hold the stretch for 30 seconds.

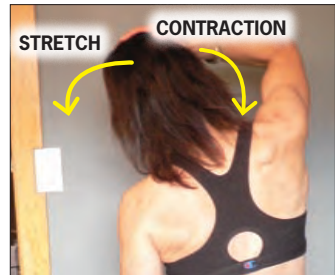


1b Stretching the back of your neck: Place your hands behind your head and push down but don't let your head move, contracting the muscles in the back of your neck to push back against your hands. Contract for 3 seconds and then relax completely, using the weight of your hands to stretch the back of your neck. Repeat for a total of 3 contractions and 3 stretches. Hold the last stretch for 30 seconds.



1c

Stretching the sides of your neck: Place your right hand on your head and push down to the side but don't let your head move, contracting the muscles in the side of your neck to push back against your hand. Contract for 3 seconds and then relax completely, using the weight of your hand to stretch the side of your neck. Repeat for a total of 3 contractions and 3 stretches on each side. Hold the last stretch for 30 seconds.



UPPER BODY STRETCHES

2

2a

This stretch focuses on releasing the muscles that draw the shoulders forward and inward. Begin by standing side-on to a wall or your truck. Check that you are in good posture with a neutral spine and activated core and butt. Place your hand against the wall as shown and step in sideways until you feel a mild stretch across the front. Ensure that your shoulders and hips are facing square to the front. Contract your pectoral muscles by trying to push your hand toward the wall, hold for 3 seconds, and then relax fully. Repeat this sequence twice more and after the third relaxation step in towards the wall until you feel a stretch again. Repeat this process until the contract-relax sequence does not stop the sensation of stretch. Hold this position for at least 30 seconds and repeat the whole sequence with the other arm.



2b **Shoulder stretches.** See the photo in stability exercise 7f. After doing the exercise gently try to decrease the space between your two hands, but be sure not to let your back arch.

BACK STRETCHES

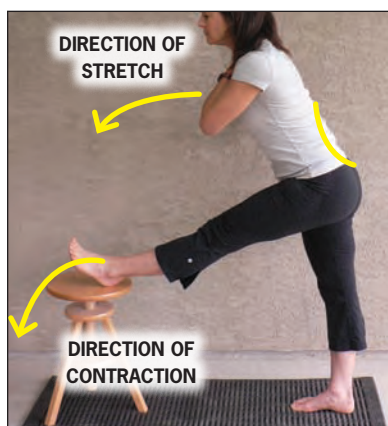
3

See the photos for stability exercise 4b. Do this stretch each time you get out of the truck, finish it with the neutral position and an activated core.

LOWER BODY STRETCHES

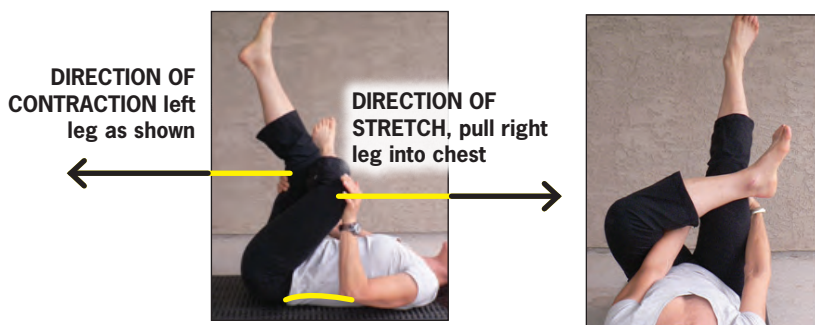
4

4a **Standing hamstring stretch:** This stretch can be done outside. Place your foot up onto any stable surface. Lean forward *from the hips keeping your back in neutral*. To contract the hamstring push your heel down as though you are trying to lower your leg. Contract for 3 seconds, then relax completely and lean forward from the hips to increase the stretch for 30 seconds. Repeat for a total of 3 stretches.



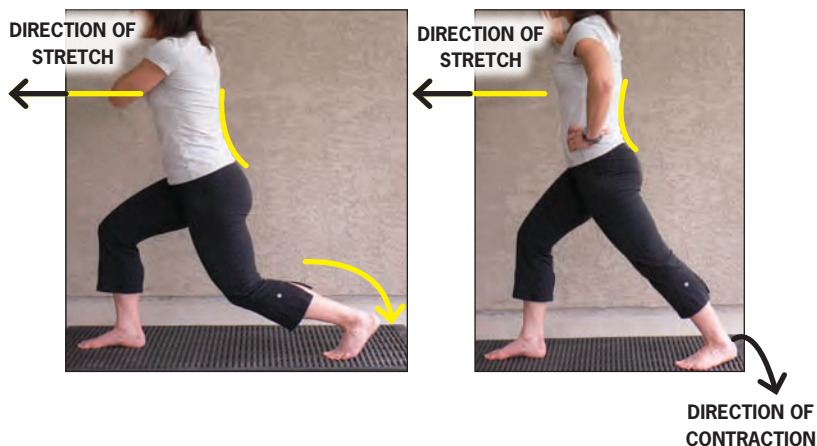
4b **Abductor stretch:** Contraction is to push your (left) knee back.

When fully relaxed put both hands underneath your right thigh and pull your leg in toward your chest. This is a great stretch to do after work while watching TV. Hold the stretch for 5 minutes, gradually increasing it.



4c **Calf stretch:** Contraction is to push your heel (left leg in photo) down into the ground.

Relax and stretch calf by deepening the forward lean in the lunge. Again, do 3 repeats of contracting for 3 seconds followed by relaxation and 30 seconds of stretching and repeat the whole thing with a bent back knee.



4d

ITB and lateralis stretch: This one really hurts but is great at releasing the ITB (which gets very tight). You can also roll across your butt to release the glutes. If it's too painful carry some of your weight on your arms, or place a towel under your leg for a bit of cushioning.



Always remember to keep your neck in the correct position when doing these exercises. To find it, stick your chin forward as though you are peering out of the windshield. Then pull it as far back as you can until you feel tension in the front of your neck. Put your hand on the back of your neck and start to bring your head forward slightly until the vertebra of your neck are right on top of the rest of your spine. You will feel the large one at the top of your neck stick out if you go too far forward. Repeat this 10x.



PART 3: FITNESS FOR LIFE

What if someone offered you a sure fire way to keep yourself young? Or a way to prevent diseases like diabetes, hypertension and cancer? What would you do to avoid seeing someone you love have a heart attack? Well there is an answer and it's guaranteed to work. All you have to do is get 30 minutes of moderately vigorous activity per day. Get out of breath, work up a sweat and it will protect you. Better yet, do it with your children and your partner and see them protected too. Don't you think it's worth the trouble?

It's true that there isn't much time in your day. You get up long before the sun and your day doesn't end much before its time for you to go to bed. It's hard to find the time and the motivation to get some exercise. But as a driver you already know how to work hard besides **if your life and the lives of your loved ones depended on it, couldn't you find a way to do it?**

So right now, every single day, start looking for ways to move. If you want to take control of your life, **you have to find a way to make this the way that you are.** People tell me they can't find the motivation. But you have to find that one point in reality that works for you. Is it wanting to see your kid get married? Being able to hike through the woods with your buddies? Is it wanting to feel your wife reach for you? Or being able to climb up into your truck without pain? Check out the Top Ten Tips for lots of suggestions as to how to stay motivated but what ever it takes you **MUST** start moving more. Your very life depends on it.

It turns out that you can split the 30 minutes of exercise up and still get all the benefits. That's just 3 ten-minute workouts each day. How often do you waste 10 minutes? Why not put that 10 minutes in the bank? Because the rate of return on getting into shape is like winning the lottery. **There is no other way to get such great gains in health, energy and life.**

Getting more exercise will be hard at first, but after a while you will start to feel so much better that it will be something that you look forward to. It helps a lot if you can fit it into your day, like getting one of your 10 minute segments when ever there is a back up of trucks waiting to be loaded. Even just getting out of your truck and doing a few exercises will help. But it's very important that you actually work up a sweat, so you will probably want to that before or after work.

It might seem that asking you for another 30 min each day is a lot. But every minute you spend sweating gives you back time ten-fold. You'll feel better, have more energy, sleep much better, drive better and be happier. All you have to do is get started.

Here are two things that will really help you make these changes in your life.

First, find an activity partner. Whether it's your partner, your kids or your buddy, somehow making the promise to someone else makes it harder to break.

On the days that you don't feel like exercising they will get you to go, and being able to laugh and share the sweat with someone else makes it a lot more fun.



The second thing that will help you stick with an exercise program is to find some activities that you enjoy. For some people it's a game like basketball, or tennis, for others it's more solitary like walking/jogging, snow shoeing or cross country skiing, skating, rowing, swimming or biking. For others its circuit training or weight lifting. In the end it doesn't matter so much what you do, **the important thing is to raise your heart rate, get out of breath and work up a sweat.** **30 minutes/day. Every day.**



In the next section you will find some ideas for work-outs. You can use these or make up your own, or a combination of the two. You can substitute biking, swimming, rowing, or skating for the walking and running. If you are skiing or snow shoeing then just go a little faster, or uphill for the harder intervals. If you want to use weights that works too, just try to keep moving the whole time. If you want a longer workout then repeat the whole sequence two or three times. Remember that the only requirements are that you **work up a good sweat.** Try them before or after work, you will find that no matter how tired you are when you start your work-out, afterwards you will feel awake and full of energy.

WORKOUT 1: 10 min

- **Walk quickly for 2 minutes**, striding out and swinging your arms
- **Jog or speed walk for 1 minute** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Jog or speed walk for 2 minutes** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Jog or speed walk for 2 minutes** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Jog or speed walk for 2 minutes** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Jog or speed walk for 1 minute** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 1 minute**, breathing slowly and deeply

WORKOUT 2: 10 min

- **Walk quickly for 2 minutes**, striding out and swinging your arms
- **Step-ups for 1 minute** concentrating on keeping your core, pelvic floor and butt activated, step straight up, no wobbling or tipping over
- **Outward bent arm rotation 30 sec** (15 each side), core activated
- **Inward bent arm rotation 30 sec** (15 each side), core activated
- **Lunge walks for 1 min** concentrating on keeping your core, pelvic floor and butt activated, no wobbling or tipping over
- **Push-ups for 30 seconds**, without letting your butt lift or your shoulders drop through
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Step-ups for 1 minute** concentrating on keeping your core, pelvic floor and butt activated, step straight up, no wobbling or tipping over
- **Triceps dips for 30 seconds**, keep core activated
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Sideways lunges for 1 minute** concentrating on keeping your core, pelvic floor and butt activated, no wobbling or tipping over
- **Outward bent arm rotation 30 sec** (15 each side), core activated
- **Inward bent arm rotation 30 sec** (15 each side), core activated
- **Step-ups for 1 min** concentrating on keeping your core, pelvic floor and butt activated, step straight up, no wobbling or tipping over
- **Push-ups for 30 seconds**, without letting your butt lift or your shoulders drop through
- **Walk quickly for 1 minute**, breathing slowly and deeply

WORKOUT 3: 15 min

- **Walk quickly for 2 minutes**, striding out and swinging your arms
- **Jog or speed walk for 5 minutes** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Jog or speed walk for 5 minutes** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 30 seconds**, breathing slowly and deeply
- **Jog or speed walk for 5 minutes** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 1 minute**, breathing slowly and deeply

WORKOUT 4: 15 min

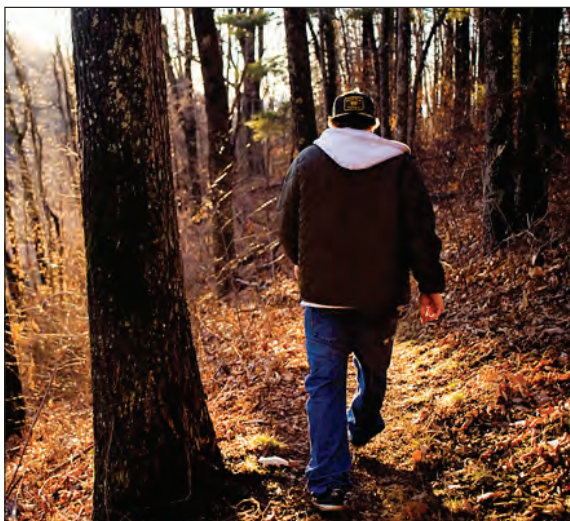
- **Walk quickly for 2 minutes**, striding out and swinging your arms
- **Jog or speed walk for 3 min** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Step-ups for 1 min** concentrating on keeping your core, pelvic floor and butt activated, step straight up, no wobbling or tipping over
- **Push-ups for 30 sec**, don't let your butt lift or shoulders drop through (keep good form)
- **Jog or speed walk for 2 min** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Sideways lunges for 1 min** concentrating on keeping your core, pelvic floor and butt activated, no wobbling or tipping over
- **Push-ups for 30 sec** - good form
- **Jog or speed walk for 2 min** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Step-ups for 1 min** concentrating on keeping your core, pelvic floor and butt activated, step straight up, no wobbling or tipping over
- **Push-ups for 30 sec** - good form
- **Jog or speed walk for 2 min** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Lunge walks for 1 min** concentrating on keeping your core, pelvic floor and butt activated, no wobbling or tipping over
- **Push-ups for 30 sec** - good form
- **Walk quickly for 1 min**, breathing slowly and deeply

WORKOUT 5: 30 min

- **Walk quickly for 2 minutes**, striding out and swinging your arms
- **Jog or speed walk for 30 minutes** concentrating on breathing in for two foot strikes, and out for 2 foot strikes
- **Walk quickly for 1 minute**, breathing slowly and deeply

WORKOUT 6: 60 min but only counts as 30min (because you don`'t get out of breath)

- **Walk quickly for 60 minutes**, striding out and swinging your arms



WORKOUT 7: 10 min

- **Bike (spin) for 2 minutes, with just enough resistance** that you have to push a little but can keep your speed up over 80 rpm
- **Increase the resistance or cycle up a hill for 1 min**
- **Spin 1 min with lowered resistance**, breathing slowly and deeply
- **Increase the resistance or cycle up a hill for 2 min**
- **Spin 1 minute**, breathing slowly and deeply
- **Increase the resistance or cycle up a hill for 1 min**
- **Spin 1 minute**, breathing slowly and deeply
- **Increase the resistance or cycle up a hill for 2 min**
- **Spin 1 minute**, breathing slowly and deeply
- **Increase the resistance or cycle up a hill for 1 min**
- **Spin 1 minute**, breathing slowly and deeply



There is only one proven way to live longer and better. Its not a drug, and it doesn't cost any money.

But it does require you to sweat for a minimum of 30 minutes per day. Guaranteed you will loose weight, lower your blood pressure, sleep better, have more energy, reduce your risk of diabetes and cancer and reduce back and knee pain. So... as they say – just DO IT! Get out of the truck, off the couch and get some exercise!.

MAINTAINING CHANGE



Making change is never easy, and when you are first getting started it can seem like an impossible task. But **the choice is yours**. Just think about the fact that if you don't start to make these changes you are pretty much guaranteed to end up having a heart attack, a stroke or developing diabetes. Do you want a long healthy life for you and your family?

Knowing what to do and doing it are two different things so here is a list of things that can help you make the right choice, every day.

- **Set reasonable goals.** It took a while and a lot of bad choices to get you to where you are now, so it's going to take more than a few days to get you back to health. Choose one thing first, for example increasing your physical activity. And then **start with just one change that takes you closer to that goal today.**

- Today choose one healthy food, move around for 10 min instead of sitting and you are on your way! One step at a time. **You don't have to do it all at once.**

- Keep a calendar in full view of your family or the other drivers. Every day that you make a healthy choice write it down. At the end of the month you will be able to **see your progress.**



- **Make a date with a friend.** If you have agreed to meet someone for a walk it's harder to stay on the couch. Having an activity partner means there are two of you to make sure you go, and besides when you talk as you walk the miles fly by.

- **Get your family involved,** it will be good for them too, and you will have fun with them along the way. Every time you make a good choice you will be doing something for the people who are most important to you.



- **Reward yourself for success.** Every day that you get your minimum 30 min of activity put a couple of bucks in the pot. At the end of the month you will have enough money to buy yourself something fun that you have been wanting.

- When you feel tired and un-motivated to exercise keep in mind is that **activity is not optional.** It's just as critical for your health as food and water and should be as automatic as brushing your teeth. So **schedule it in,** 30 min every day.

- Get into the habit of looking for ways to **increase how much you have to move;** park further away from the building, take the stairs, walk the long way around.

- **Get a dog,** it's surprising how many people won't walk for their own health but will make sure that they take their dog for a walk every day.



- **Join a class or a club.** If you pay for something you'll be less likely to skip it.


- **Set a goal.** Is there a hunting trip coming up that you want to be able to go on? If you know you want to drop 10 lb by a certain date it's easier to choose the apple instead of the donut.
- **Get your kids to call you.** If you know they are going to ask you if you got your exercise in today you will want to be able to say "Yes!" And besides, you will be teaching them how to stay healthy all their lives.
- **Think about the consequences.** Do you know someone your age who just had a heart attack? Got cancer? Kidney disease? You don't have to die before your kids grow up. **Lose that excess weight and get some exercise and your risk goes way down.**
- **Get help.** Make use of the internet (some good sites are listed with each topic in this book), contact your local health provider, or ask your supervisor. This is important and it's wise to get good information to help guide you.
- **Celebrate your wins.** Make your goals small enough that you can reach them in a few months. And when you do make sure that you reward yourself. You are doing the most important thing you will ever do for yourself and your family. **And it is within your reach, so get started today!**




Here is a checklist that can help remind you of some of the things you can do to improve your health. If it seems like too much, start by checking off at least one item every day. You can make your own lists too, and just include the things that you are working on this week, or that are particularly important for you. **If you are not sure what you should focus on then get some help.** Your physician or public health nurse are good places to start, or contact your supervisor and ask for some health resources to be provided for your next safety training session. You can also contact me at droberts@selkirk.ca and we can set up a consultation to help you figure out what you should be working on.

- ☐ Get at least 10 min of physical activity, three times today
- ☐ Don't smoke or chew during the day this week
- ☐ Eat small low fat and high complex carb snacks every two hours
- ☐ Have 2 servings of skim milk or low fat, low sugar yogurt today
- ☐ Eat a food high in fiber every day this week
- ☐ Walk up and down a flight of stairs 5 times today
- ☐ Choose fresh lean meat, poultry breasts, or fish for dinner and cook it without adding any fat 3 nights this week
- ☐ Limit yourself to just one drink of alcohol today
- ☐ Don't eat any cheese this week
- ☐ Drink a glass of water every hour or two today



- ☐ Get 20 min of vigorous activity after work twice this week
- ☐ Bring a healthy lunch from home 3 days this week instead of buying fast food
- ☐ Use just a little canola or olive oil instead of margarine or butter in cooking tonight
- ☐ Eat a food high in calcium (skim milk, low fat low sodium cottage cheese or low fat low sugar yogurt) every day this week.
- ☐ Don't eat any breaded or deep fried foods this month
- ☐ Get out of your truck and move around while waiting to be loaded at least once a day, every day this week
- ☐  Eat fresh or frozen unprocessed fruit and vegetables every day this week
- ☐ This week limit yourself to half the amount of condiments that you normally use (ketchup, mustard, soy, sauces, pickles, olives, gravies, and salad dressings)
- ☐ Eat a food high in vitamin C (fresh fruits and vegetables) every day this month
- ☐ Don't eat anything high in saturated fats and cholesterol today
- ☐ Rinse canned vegetables in cold water before using this month
- ☐ Go for an hour long walk with a good friend this weekend



- ☐ Bake something from unprocessed ingredients (see page 51 for recipes) this weekend
- ☐ Make a side dish from scratch rather than using a packaged flavored rice or pasta tonight
- ☐ Play a game of basketball, football, soccer, Frisbee or tag with your kids 3 times this week
- ☐ Eat a whole grain food with more than 2g of fiber/serving every day this month
- ☐ Have 2-3 servings/day of low fat dairy products every day this week
- ☐ Make a home cooked meal from a healthy recipe (see page 27) every weekend this month
- ☐  Eat a cold water fish for lunch or dinner today
- ☐ Go for a walk tonight with a friend or family member
- ☐ Don't eat any cheese, sausage, bacon or deli meats this week
- ☐ Don't use any canned or dried soups, canned vegetables, frozen dinners or instant foods this week
- ☐ Eat a food high in potassium (potatoes, tomatoes, lima beans, brussels sprouts, spinach and bananas) every day this month





The biggest health challenge that drivers face is the amount of time that you spend sitting.

The solution is to increase your physical activity. It will help decrease the risk of developing each and every one of these diseases. And if you already have any one of them, exercise will still help decrease the severity of each and every one of them. So go for a fast walk, today!

OBESITY



Obesity is a life threatening medical condition that takes a long time to develop and a long time to cure. In 2011 the US Centers for Disease Control and Prevention announced that obesity rates in the United States had achieved a shocking 30% in 12 states. **In the study with log haulers conducted in the western United States and Canada, almost 75% of drivers were obese, and more than 90% were overweight.** This is a very serious health problem for drivers.

Obesity occurs when there is a **combination of too many calories taken in through diet and too few calories burned through**

physical activity. The excess calories are stored as fat and a person is considered to be obese when body fat exceeds 25% for men (32% for



women) or the Body Mass Index (BMI) exceeds 30. Sometimes there is genetic tendency to store or retain body fat, but most obesity is caused by too many excess calories taken in for a long time.

People who are overweight have an increased risk of many diseases including high blood pressure, high cholesterol and blood lipids, heart disease and stroke, cancer, diabetes, gallbladder and liver disease, digestive disorders, obstructive sleep apnea and joint degeneration, and depression. Obesity decreases life expectancy by 6-7 years, especially when there are large fat deposits around the waist compared to the hips and thighs. There is no question that excess body fat is bad for your health and will shorten your life. But even a small weight loss will have a positive effect on your health. Just losing 5-10% of body weight will have significant health improvement (12-25 lbs for a 250 lb person).

This book contains a lot of information about how to change your lifestyle to improve your health and your driving. The message is simple, **every time you**



think about eating or drinking something, consider what you want for your life. Every time you decide to sit rather than move, think about how you want to live or die. Eating small amounts (about 200 calories) of high fiber complex carbohydrates like fresh fruits and vegetables and whole grain breads and pastas, together with low fat proteins like egg whites, skim milk, chicken breast, fish and game meats (prepared without added fat) and beans will provide you with the nutrients you need to drive and live at your best (see page 3 for suggestions on what to eat).

Making sure that you get a minimum of 30 minutes of moderately vigorous activity 5 days a week, and more on the weekends will keep your heart and muscles strong (see page 81). **Drivers in the study who followed these recommendations were successful at losing weight and improving their health.** It's not easy, but it will work for you too, and it will be worth it, guaranteed.

Keeping your expectations reasonable, and sticking with a **healthy moderate approach** to weight loss means that it will **take time to make the changes happen**. But doing it this way will work, and will **give you changes that will last**. Most quick weight loss schemes are short term. They are so limiting that they aren't good for you, and you can't stick with them for a long time. And worst of all when you come off them, everything you lost and more comes right back on. So check out the information on page 3 about what to eat, and on page 81 about how to increase your physical activity, and on page 89 about how to stay motivated, and you will be ensured of **long term success**.

There are lots of diet plans out there, so make sure that the one you choose is based on good nutrition and healthy practices. These are a few good sources of information:

<http://www.cdc.gov/chronicdisease/resources/publications/aag/obesity.htm>

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/oic-oac/index-eng.php>

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/obes-eng.php>



Diabetes is a disease where you can't keep control of your blood sugar. **Normally blood sugar**

levels are kept within a very narrow

range because if it falls too low your brain and nerves can't function and if it rises too high it destroys the small blood vessels in your eyes, kidneys, fingers and toes and other organs in your body. The way you normally keep blood sugar under control is by hormones that are released when the level of sugar in your blood goes up (like after a meal or snack) or down (like when you are exercising or haven't eaten in a long time). **The hormone responsible for lowering blood sugar when the levels rise too high is called "insulin"** and it is made and released from your pancreas. Insulin opens a door in your cells to allow the sugar to move from your blood and into your cells where it can be stored.

Diabetes can develop two ways. Sometimes something goes wrong with the pancreas and it stops making enough insulin. This is called "juvenile" or "type I" diabetes. If you have type I diabetes you can help decrease how much insulin you need to take by being very careful to limit your intake of simple sugars. These are **sugars like the ones in soft drinks that are not inside fiber or bound to anything that requires digestion.**

There is more on this on page 60 and on page 71. When the sugars are **in this simple form they move into your blood very quickly and cause a big jump up in blood sugars.** Getting regular exercise also helps diabetics because staying in shape helps your muscle use sugar without needing insulin.

The more common form of diabetes is “type II” or “insulin resistance” diabetes. **This type of diabetes is caused by too many years of eating too much sugar and not getting any exercise.** Because the intake of simple sugars causes blood sugar to rise quickly too often, there is always a lot of insulin around and after a while the door stops responding to it. It’s like drug addicts who have to keep on taking more and more of the drug to get high. At this stage you are “pre-diabetic”. Your pancreas can still make enough insulin but your cells won’t respond to it very well and blood sugar starts to stay too high. If this goes on for too long, eventually the pancreas burns out, and you can’t even make the insulin any more. Once the pancreas fails the only way to keep your blood sugar from destroying your blood vessels is to buy and inject insulin every time you eat and drink, every day for the rest of your life.

Things that can increase your risk of diabetes in addition to a diet with a lot of sugared drinks and sweets in it, are a family history (can’t do anything about that one), and lifestyle factors that you can influence, like obesity, smoking, sedentary lifestyle, and high cholesterol levels.



The good news is that it takes a long time for type II diabetes to develop, and if you start **controlling your diet and increasing your physical activity you can prevent the disease from progressing** to the stage where you need to take insulin. In the study with log haulers **all of the drivers had lower blood sugar levels on the day that they ate the complex carbohydrates and protein snacks in small amounts every two hours.** In case that’s not enough to motivate you to try and

improve your diet keep in mind that the **drivers also reacted faster and made better choices with the diet that was low in simple sugars.**

So by doing the hard work it takes to change your diet you will not only save your own life, but you may very well save the life of the driver on the highway that slams on their brakes in front of you.



Another way to decrease your risk of diabetes, stop the progression of type II diabetes and decrease the amount of insulin you need if you have diabetes is to increase your physical activity.

When you exercise your muscle uses the sugar that is in your blood and when you get fitter your muscle learns to keep the door open without insulin.

Diabetes is a serious disease that requires treatment to prevent permanent damage to your eyesight and kidneys. It is also a cause of heart disease, nerve damage and can impair your ability to concentrate and react while driving. And it can also cause impotence.

So it's important to be aware of the symptoms of diabetes, such as unexpected weight gain or loss and strong thirst and frequent urination. It can also cause fatigue, blurred vision and frequent infections. If you notice any of these symptoms you should have your blood sugar checked by your doctor immediately. **In the study nearly half of the drivers had high fasting blood sugars. That means that as a group one in every two drivers is on his way to getting diabetes.**



Remember that to a large extent type II diabetes is preventable, and even if you have pre-diabetes or type II diabetes you can **lessen the severity of the disease by getting your weight down to a healthy level, eliminating simple sugars from your diet, increasing your intake of fibre and fresh fruits and vegetables, and by increasing your physical activity levels.** You'll find information on what and when to eat on page 3 and information on increasing your physical activity on page 81. And when you are wondering whether you can make these changes, think about whether you would like to actually be able to see 10 years from now. **If you don't control diabetes you are going to go blind.**

For more information on diabetes have a look at some of these websites:

<http://www.diabetes.ca/>

<http://www.phac-aspc.gc.ca/cd-mc/diabetes-diabete/index-eng.php>

<http://www.diabetes.com/>

<http://www.hc-sc.gc.ca/hc-ps/dc-ma/diabete-eng.php>

<http://www.idf.org/diabetes-facts-and-figures>

<http://www.cdc.gov/chronicdisease/resources/publications/aag/ddt.htm>

<http://www.ndep.nih.gov/>

<http://www.publichealth.gc.ca>

HYPERTENSION



Normal blood pressure for a healthy adult is 120/80 mmHg. The upper number is the systolic pressure; or the pressure in your arteries when your heart is contracting and pumping blood through your body. The lower number is the diastolic pressure, that's the pressure that remains in your arteries after the heart has finished pumping. It's the pressure that keeps the blood flowing while your heart is relaxing in between beats.

A number of things can contribute to elevated blood pressure. It tends to run in families and even if your blood pressure is normal now, **it generally increases with age as your arteries lose their elasticity. Stress, smoking, alcohol intake (more than 2 drinks/day) and obesity also raise blood pressure.**

The risk of cardiovascular (heart) disease and stroke is greatly increased as blood pressure goes up. Even if your blood pressure is just **falls between 120/80 and 139/89 (called pre-hypertension) you are 3.5 times more likely to have a heart attack** than if your blood pressure is below 120/80. If you are pre-hypertensive you are being given a huge warning! Start following a healthy diet, getting some regular exercise and changing some of your other lifestyle habits (see below) today and you may be able to bring your blood pressure back down to normal levels. **If you wonder whether or not it's worth making some changes to your eating and activity habits think about 4 friends or relatives that have had heart attacks. The odds are that more than 3 of them**

were caused at least in part by elevated blood pressure. Kind of shocking isn't it?

Blood pressures of 140/90 mmHg or higher are considered to be high (hypertensive). Hypertension is very common - if you are over 55 you have a 90% chance of developing hypertension, even if your blood pressure is normal now. So the best thing to do is to prevent high blood pressure by adopting a healthy lifestyle. Right now, beginning today.

Hypertension is known as the “silent killer” because it often causes a lot of damage without any obvious symptoms. High blood pressure causes:



- Damage to the walls of the arteries which leads to **atherosclerosis or hardening of the arteries.**

This is when blood vessels are stiffened and narrowed by deposits of cholesterol (plaque) on the walls of the vessels and you can't get enough blood to important places like your heart and brain.

- **Kidney damage and loss of vision** because the blood vessels in the kidneys and eyes are delicate and are destroyed by high pressure.



- Congestive **heart failure** because there is so much pressure in the blood vessels that the heart can't pump effectively.

- **Stroke** because the blood vessels leading to the brain are blocked by plaque or weakened and burst under the high pressure.

- Angina (**chest pain** due to poor blood supply to the heart) and heart attack because the blood vessels that supply blood to the heart are damaged and atherosclerotic and become blocked by plaque.

LIFESTYLE CHANGES



Many of the things that contribute to increased blood pressure are within your control.

Have a look at the items in the list below and chose one to start working on today. Every single time you make a healthy choice you will be improving the odds of keeping your commercial license and avoiding an early death. So get to work and start making the changes that will bring your weight down to a healthy level. Stop eating the foods that cause fat to clog your arteries and salt to increase your blood pressure. Get some exercise every day and avoid things like smoking and excess alcohol that can raise your blood pressure.

- **Weight loss** – bringing your weight down to a healthy level will lower your blood pressure. See the sections on dietary changes on page 23 and on increasing physical activity on page 81 for some suggestions as to how to get started. There is also information on page 89 on how to maintain change when you start to lose your motivation.



- Increase your fitness level with a **regular exercise program of moderate activity**, such as brisk or uphill walking for 30-40 minutes per day, 5 days per week minimum. (See page 81 for information on physical activity). Exercise has a very powerful effect on lowering blood pressure.
- **Reduce the amount of salt** that you get in your diet (see page 73 to learn more about sodium). In some people (especially overweight and those with high insulin levels) sodium causes you to retain water, and causes more pressure in your blood vessels when a lot of fluid is in the system.)
- **Decrease stress.** Driving is stressful, top that off with the long hours and poor sleep habits and the stress can get out of hand. Exercise and a healthy diet will help you regain control, but finding positive ways to relax your mind is also important.



- **Decrease the level of bad cholesterol (LDL)** in your blood by restricting the amount of sugar, saturated fat, and especially cholesterol in your diet. See page 23 for more information on how to do this. High blood cholesterol causes more fat to be deposited on the inside of your blood vessels. There is less room for the blood to get through, and so the heart has to raise blood pressure to force it by.
- Keep your intake of **alcohol to less than two** 12 oz beer/day (355 mL), or 5 oz (148 mL) of wine or 1.5 oz (44 mL) of 80-proof distilled spirits). Alcohol contains a lot of calories; it raises blood lipids and has a direct effect

on elevating blood pressure. **People who consume more than 5 drinks per day are twice as likely to have high blood pressure than people who do not.** See page 79 for more information on alcohol.

- **Stop smoking.** Smoking is one of the few habits that is pretty much guaranteed to cause death. See page 76 for more information on smoking. Nicotine raises blood pressure because it damages the inside of your blood vessels and causes **atherosclerosis** (hardening of the arteries) and the **formation of blood clots**. These clots can block already narrowed blood vessels and cause a heart attack or stroke. Nicotine also causes the **same negative effects as mental stress** including elevated blood pressure and increased heart rate further increasing your risk of heart attack. The good news is that if you stop smoking your blood pressure and risk of heart attack and stroke will drop after only 6 months. You should also know that because these effects on blood pressure are caused by nicotine and not just smoking both **second hand smoke and chewing tobacco cause increased blood pressure as well.**



- **Prevention.** Make some positive changes in your life now, today. Make one healthy choice in your diet. Do one activity that involves physical exercise. Every moment counts, if you can bring your weight down to a healthy level you can stop the damage before it happens. And get your children involved to help them avoid the same health challenges.



Start today to make some positive changes in your life. A healthy diet and regular exercise will give you and your family a future

Check out these websites for more information:

http://www.nhlbi.nih.gov/health/dci/Diseases/hd/hd_risk.html

<http://www.hypertension.ca/>

<http://www.mybpsite.ca/>

<http://www.cfp.ca/content/56/7/649.full>

STROKE



A stroke occurs when **blood flow to the brain is blocked and brain tissue dies** due to lack of oxygen and nutrients. The **most common reason for interruption of blood flow is atherosclerosis**, the build up of fatty plaque on the walls of the small arteries that supply the brain with blood. When high blood pressure, diabetes or smoking damage the artery walls more fat (cholesterol and triglycerides) sticks to the inside of the vessel and begins to block it. If blood levels of cholesterol and other fats are too high this is made worse. The plaque takes up room in the blood vessel so blood flow is reduced, and sometimes it can break off and completely block the vessel – causing a stroke (or heart attack if the vessel leads to the heart instead of the brain).

Strokes are sometimes relatively mild, though there is almost always some lasting damage to the brain. But often the damage is bad enough that there is severe loss of function, and even death. In both Canada and the United States stroke is the **3rd largest cause of death and is a leading cause of serious (debilitating) long term disability.**

Your risk of stroke is greatly increased by:

- High blood pressure and heart disease
 - Diabetes
 - High levels of fats (cholesterol and triglycerides) and low levels of good cholesterol (HDL) in the blood
 - Smoking and alcohol (more than 2 drinks/day)
 - Obesity
-



But although these are all factors that greatly increase your risk of stroke, they are all also **things that you can influence by making the changes suggested in this book.** Improving your diet by **decreasing sugar, fat and salt intake, and increasing fibre and unprocessed fruits and vegetables** will greatly decrease your risk of stroke. **Stop smoking and limit your alcohol** intake; and perhaps most importantly **get a minimum of 30 min of vigorous physical activity at least 5 days/week.** And if you are not sure it is worth the hard work that it will take to make these changes...just think about your buddy who had a stroke, who can no longer talk, or walk or even use the washroom unassisted.

Some of the devastating effects of a stroke can be prevented if medical treatment is given within 60 minutes. So it's very **important to recognize the warning signs** that you may be about to experience a stroke. Some of the things to watch out for are:

- Sudden severe headache with no known cause
- Sudden dizziness or fainting
- Blurred vision or other changes in sight in one or both eyes
- Sudden change in hearing or taste or other senses
- Slurring of words when talking
- Dropping things or stumbling
- Confusion or loss of memory
- Muscle weakness, numbness, tingling in a limb on one side of the body

Sometimes a person will experience a “mini stroke” or transient ischemic attack (TIA). This occurs when a blood vessel is only partially blocked or the interruption of blood to the brain is only short term. It's a **very important warning that a stroke is very likely to happen in the near future.** The symptoms are the same as for a stroke but they only last a short time. If this happens to you or someone that you know it's very important that they seek medical treatment immediately.

There are other things that increase the risk of stroke, like age and if they run in your family, and these are not factors that you can do something about. But bear in mind that even if your risk goes up because of these things, making sure that you keep the risk factors that you can control at a low level is even more important . **While a stroke can cause a huge**

loss to you and your family, it IS something that you can do something about. So start today. Make one or two small changes in your eating and drinking habits, get some exercise, and stop smoking, and know that you have done something positive for yourself and your family.

For more good information check out these websites:

<http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm>

<http://www.stroke.org/site/PageServer?pagename=stroke>

<http://www.cdc.gov/stroke/>

<http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.3483933/k.CD67/Stroke.htm>

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/stroke-vasculaire-eng.php>

GOUT



Gout is a very painful disease that causes **damage to certain joints** in your body. It is often inherited but is **made much worse as time goes by with poor dietary habits, dehydration, obesity, high blood**



pressure and alcohol consumption. Gout is most common in men older than 40 yrs of age, and it occurs most frequently in one big toe, but can also cause kidney stones – which are extremely painful!

Some foods are composed of materials (called purines) that produce a compound called uric acid. If for some reason you either make too much uric acid or you can't eliminate it, (it's usually excreted in urine) it can form crystals and be deposited in a joint. When this happens the joint becomes very irritated and can eventually be damaged so badly that you can't move it at all. If you think you might have gout you need to see your physician.

Losing weight and making dietary changes can help control how bad your gout is. Stop drinking, limit your intake of sugar, saturated fat and cholesterol (see page 3 for more information on how to do this) and increase your physical activity (page 81). In particular, avoid foods like shell fish, organ meats (liver, brain, kidney, and sweetbreads), and foods containing fructose or corn syrup as a sweetener. Increasing your intake of dairy products (non-fat milk, low fat low sodium cottage cheese and low fat non-sugar yogurt are good choices), and fresh fruits and vegetables can also help.

Making diet and lifestyle changes can help, but if you think you might have gout it's serious enough that you need to see your physician.

For more information on gout visit the following websites:

<http://www.whathealth.com/gout/resources.html>

<http://www.seekwellness.com/gout/resources.htm>

http://www.niams.nih.gov/Health_Info/Gout/default.asp

<http://www.nlm.nih.gov/medlineplus/gout.html>



APPENDIX 1: CHOOSING A GRANOLA BAR

Name	calories	gm fat	gm protein	gm sugar	gm fibre	mg sodium	serving size
Best Choice if you ONLY EAT 1/2 THE BAR							
SoLo Low Glycemic Nutrition Bar-Chocolate Charger	200	7	11	17	4	120	50 g (1 bar)
Good choice if you ONLY EAT 1/2 THE BAR							
Kellogg's Fibre Plus Antioxidants Chewy Bars-Chocolate Chip	120	4	2	7	9	55	36 g (1 bar)
All-Bran Honey Oat Breakfast Bars	130	3	2	11	5	170	35 g (1 bar)
Kashi-Honey Toasted 7 Grain Granola Bars	180	6	6	8	4	160	40 g (1 bar)
Special K Protein Meal Replacement Bar-Double Chocolate	190	5	10	17	2	150	45 g (1 bar)
Slim-Fast High Protein Meal Bar-Chocolate Chip	190	6	15	11	2	260	48 g (1 bar)
PowerBar-Oatmeal Raisin Performance Bar	230	2.5	10	20	3	110	65 g (1 bar)
Vector Energy Bar-Chocolate Chip	230	7	9.1	18	3	85	55 g (1 bar)
Nature Valley-Trail Mix Fruit & Nut	140	4	3	13	2	65	35 g (1 bar)
Clif Bar-Chocolate Chip	240	5	10	22	5	140	68 g (1 bar)
OK choice							
Quaker Oats-Chewy Low Fat Oatmeal Raisin	90	1.5	1	7	1	80	28 g (1 bar)
Special K-Strawberry Bars	90	1.5	1	9	1	95	23 g (1 bar)
Quaker Oats-Chewy Chocolate Chip with 25% Less Sugar	100	4	1	6	3	50	24 g (1 bar)
OK choice if you ONLY EAT 1/2 THE BAR/PACKAGE							
Quaker Oats-Oatmeal to Go Raisin	220	4	4	19	5	230	60 g (1 bar)
Fibre One Chewy Bars-Oats & Chocolate	140	4	2	10	9	95	40 g (1 bar)
Nutri-Grain Cereal Bars Apple Cinnamon	140	3	1	13	1	105	37 g (1 bar)
Nature Valley Oats 'N Honey	190	6	4	12	2	160	42 g (2 bars)

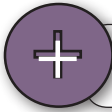
1. From a study by Dr. Nico Pronk and his group at Health Partners in Minneapolis. Dr. Pronk has been studying ways to improve the health of workers for over 20 years. In his study he tracked the health of workers at a large company with thousands of employees. Workers were encouraged to do 4 things: increase their physical activity levels, increase their intake of fruits and vegetables, decrease their alcohol intake and stop smoking. After two years workers that made at least 3 of these changes in their lifestyles had many fewer health claims. This means that in just two short years you can reduce your risk of diabetes by 70%, stroke and heart attack by 45%, cancer by 25% and depression by 95%! And added benefit of making these changes was a significant reduction in back pain! Pronk et al 2010. *Pop Health Manag.* 13: 289-295.

2. These numbers come from a very large study published in a very well respected journal. The authors collected data from several sources and looked at the death rates for people who are overweight and obese. They also looked at how factors like smoking and previous history of disease affect these numbers. It turns out that the more risk factors you have, the more pronounced the protection provided by physical activity. *Ann Int Med* 2003. 138: 24-32.

3. Cochrane reviews are a type of scholarly review where experts in a field compile all the current research in a certain area and then write a brief review on the quality of the research and what conclusions can be drawn from the work. This review looked at whether improving physical fitness

would improve memory and decision making in older men and women (55 and over) without any mental disorders. Eight out of 11 studies showed a positive effect, especially for increased speed of information processing, memory and visual attention. Cochrane Database Syst Rev. 2008 Apr 16;(2):CD005381.

4. This paper compiled the results of several larger reviews. They found that decreasing dietary salt intake for 12 months lowered systolic blood pressure (the upper number) by 3.6-8.0 mmHg and diastolic blood pressure (the lower number) by 4.7 mmHg. The effects were greater for people with high blood pressure than for people with normal or elevated blood pressure. J Hypertens. 2011 May;29(5):821-8.



ABOUT THE AUTHOR



Dr. Delia Roberts has been interested in health and fitness for most of her life. She worked with Canadian Olympic athletes from 1984 until 1992, travelling to numerous world championships and 3 Olympic Games. Delia's programs were used by gold medalists in a number of sports. Nowadays she works with occupational athletes, sharing knowledge about health, performance, and injury prevention developed for athletes with workers in all kinds of industries from tree-planters to physicians to helicopter pilots to mill workers. It is with great pleasure that she has learned a bit about what it takes to haul trees.

Please visit her websites to learn more:

www.selkirk.ca/treeplanting

www.fitsafesolutions.com

If you have questions or comments, contact Delia.

droberts@selkirk.ca

TOP 10 TIPS



This program is based on the results of 8 years (2007-2015) research. Always wear your seat belt up to a second faster when they followed the program!

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TOP 10 TIPS

1. Carbohydrate equals concentration
2. Protein can be powerful
3. Fat is NOT a 4 letter word
4. Focus on fluid
5. Fatigue fighters
6. The skinny on sweeteners
7. Timing is everything
8. Activity is absolutely necessary
9. Motivation makes the most of you
10. The alternative to burgers and fries

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