

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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TOP 10 TIPS



This material is based on the results of a study with log haulers. Drivers were able to **react up to a second faster** when they followed the program.

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NOTES:



More Information

Your very own fitness and nutrition program designed specifically for drivers: **Power Driving**
www.selkirk.ca/research/faculty/trucking

Other good resources:

<http://www.eatright.org/public/>

<http://www.dietitians.ca/Knowledge-Center.aspx>

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

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



Does driving a truck mean that you have to be overweight and at risk for high blood pressure and diabetes? The answer is **NO!!!**

Check out the information in these Top Ten Tips and the Power Driving book to learn how to:

- Eat properly so that you have more energy and feel better
 - *Avoid sugars and fats and you won't feel as tired*
- Fuel your brain so that you can keep your concentration high and react faster while driving
 - *Drivers following the program reacted up to a second faster*
- Increase the physical activity in your day so that you can prevent heart disease, cancer, diabetes and depression
 - *Lose weight and prevent disease*

This program is **based on an actual study that was done with log haulers** in Canada and the United States. It was designed and tested with drivers *just like you* – so we **know** that it works, all you have to do is follow the recommendations in the Top Ten Tips and the Power Driving book.



Fueling *your* engine

Each of the Top Ten Tips will improve your health and make you a safer driver. A study on drivers just like you showed:

- Almost 75% of drivers were obese
- 35% of drivers were pre-diabetic
- The risk of hypertension, heart failure, stroke, diabetes, cancer and death was very high

But YOU can make this change!

Drivers in the study that followed the **Top Ten Tips and Power Driving:**

- **Lost weight**
- **Became healthier**
- **Had more energy**
- **Performed 15% better at a complex visual task**
- **WERE ABLE TO REACT UP TO *ONE SECOND* FASTER!**




You may not like to exercise, it can feel uncomfortable, and it's risky. What if you don't succeed? **It takes a long time** to change your eating and moving patterns enough to get back down to a healthy weight.



Prepare yourself for some wins and some set backs

You will have some wins, and some set backs. But **exercise is better** than having a heart attack, **learning to prepare and eat healthy food is worth** increasing your chance of avoiding an accident by 15%. Drivers in the study performed 15% better when they ate small healthy snacks every 2 hours.

So build that picture of who you want to be, and then take just one step toward giving that person a chance, today.

 Check out the **Power Driving** book for lots of suggestions as to how to improve your diet and lifestyle for better health and faster reaction times.

10

The alternative to burgers and fries

When you think about what would make you feel good, what enters into your mind?

Do you think about biting into a big juicy burger? What about the way it feels after you have polished off that plate of fries and all that grease is sitting heavy in your gut?



How about the fact that your reaction time is up to 1 second faster because you ate small healthy snacks every 2 hours?

The way it feels to hike through the woods and still have breath to laugh.

The way it feels to know you can take care of yourself and your family.



So try the **Top Ten Tips**, and look at the **Power Driving** book for more information on each tip including recipes, menus and all kinds of useful suggestions like the following:

Every 2-3 hours eat a small healthy snack from the time you wake up until you are done work. Some examples are:



- One piece of fresh fruit and a cup of skim milk
- **Half** a sandwich made with chicken breast on whole grain bread, with lettuce, sprouts and tomato
- One cup of cut up fresh vegetables and ½ cup of non-fat unsweetened yogurt or 1 tbsp non-fat cream cheese
- One Power Muffin, Bar or Cookie made using the recipes in the Power Driving book
- One piece low sodium beef jerky and a piece of fresh fruit
- **Look at the *Power Driving* book for many more suggestions!**

Get at least 30 minutes of **moderate physical activity** every day. Of all the medications and methods known, exercise is the one treatment that is proven to lower your blood pressure and risk of diseases like strokes, diabetes, cancer and depression.

- You can break your 30 minutes into three 10 minute bouts and get some exercise while you are waiting to be loaded
- Do something active in the evening and on weekends with family or friends. Every minute you spend sweating adds time to your life.



Go for a brisk walk while waiting to be loaded.

Drink a **cup of water every hour**

- NOT juice or soda pop
- Limit yourself to 2 cups coffee/day and use dry non-fat milk powder or non-fat condensed milk instead of cream, and artificial sweetener instead of sugar



Make a date with a friend. If you have agreed to meet someone for a walk it's harder to stay on the couch. 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 10lb 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.

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!**

9

Motivation makes the most of you!

Making change is never easy, and when you are first getting started it can seem like an impossible task. But **the choice is yours**. Today choose one healthy food, move around for 10 min instead of sitting and you are on your way! **One step at a time.**

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.



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.

Reward yourself each month



Make a piggy bank for yourself. 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.



Other things that can make a BIG difference in your health and will **improve your driving performance by an average of 15%** are:

- **Avoid sugars** whenever possible including juice, pastries, candy, soda and table sugar. Use up to 6 packets of **artificial sweetener**/day to sweeten your drinks or food instead of sugar



- **Stop adding salt** to your food, and use homemade and fresh or frozen fruit and vegetables instead of canned and prepared mixes.

- **Avoid fats** especially cholesterol and solid fats in meats, dairy products and trans fats in margarine

- **Stop using tobacco** whether you smoke or chew



- **Limit your alcohol** intake to no more than two drinks/day



Drivers who ate small complex carb and low fat protein snacks every 2 hours were able to react up to a second faster. If you come around a corner at 50 km/hr (30 mph) to find a pickup on the road you'll be able to stop the truck up to 14 meters (44 ft) sooner if you follow the program in these Tips and the **Power Driving** book.



Drivers reacted up to a **SECOND FASTER** when they ate properly.

Find something that you enjoy. Swim, hike, ride, row, play. Baseball, basketball, golf, hockey. Walk, run, ski, skate. Lift, climb, chop, throw. Dance, stretch, skip, carry. There are so many different activities and games to get you moving. Try out a few and you might find something that you like.

Don't waste your time when the loader (shovel) is backed up and you are waiting to be loaded. Even 10 minutes of exercise can help save your life. Let the others know what you are doing (safety first) and walk up the road, or even just in circles around your truck

When you get home after a day of driving you probably don't feel much like doing anything other than plunking yourself down on the couch. But if you can just get yourself up and do something to **work up a good sweat**, you will find that you feel awake and full of energy. Then you can enjoy a few hours with your family before getting a good night's rest. The exercise will also help you sleep better."

What ever and where ever you can move, the payback is tenfold. How can you turn down something that will **ADD YEARS TO YOUR LIFE?**

8

Activity is absolutely necessary

The first thing to 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.

Move with purpose, to gain benefit from the exercise you have to **get your heart rate up**. Don't be afraid to get out of breath. Every time you do your heart gets stronger.

Get an activity partner. Having a 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.

Get a dog, lots of people won't walk for their own health but will make sure that they take their dog for a walk every day.



Getting just 30 minutes of moderately vigorous exercise 5 days/week can change your life. In only two years it can reduce the risk of death by disease! That means that every day that you take a half hour to sweat adds time to your life.

Don't you think it's worth it?



After you read the information in this booklet, check out the **Power Driving** book.

Before You Start

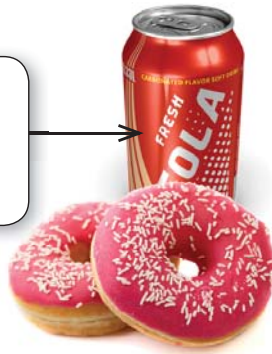
If you haven't been exercising regularly it's important to check with your physician before beginning this or any other exercise program to make sure that you are not at risk for cardiovascular disease or have any other health concerns. Neither the author nor the sponsoring organizations are responsible for any illness or injury that may result from this program, 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

Carbohydrate equals concentration

Sugars and starches are carbohydrates; they are important for drivers because glucose (the most basic type of sugar) is the fuel that keeps your brain and nerves running best. When blood sugar changes too much it makes it hard to concentrate and react quickly to unexpected events like a deer jumping out onto the road.

Drivers reacted up to a second faster when they avoided eating simple sugars.



Sugars are simple carbs.

They're digested and absorbed quickly so they cause a large rise in insulin. Insulin moves sugar from your blood into cells where it can be used. But **if you're not exercising and burning the sugars, they are converted to fat** and stored away where they can't be used by your nerves. Cycles of rapidly rising blood sugar and insulin are a major cause of diabetes.

Choose complex carbs and protein to drive at your best



To stretch the carb supply out to 2 hours

add a bit of low-fat protein to your snack. Each mini-meal only needs to be about 200 calories, so cut your sandwich in quarters and enjoy a few bites every 90 minutes. You'll find a list of good snacks in the **Power Driving** book.

Adding items like butter, mayo, cheese and sausage to your sandwiches makes them much harder to digest.

Fats in these items slow down the release of everything you eat including carbs for as much as 3-4 hours. That's why you feel sluggish and low in energy after eating. And they have a lot of extra calories that you don't need, contributing to that belly that gets in your way.



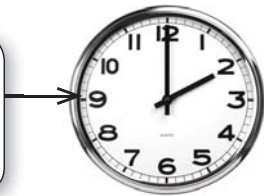
Aim to eat small, healthy snacks (choose complex carbs and protein) every 2 hours. Avoid adding items like butter, mayo, cheese and sausage because they are harder to digest and can leave you feeling sluggish. Check out the **Power Driving** book for lists of good snacks.

7

Timing is everything

To keep your brain working at its best you need a constant supply of sugar. Too much and it goes to storage, too little and you can't concentrate as well. Drivers had faster reaction times and made the correct choice more often when they ate small healthy snacks every two hours than when they ate their usual way.

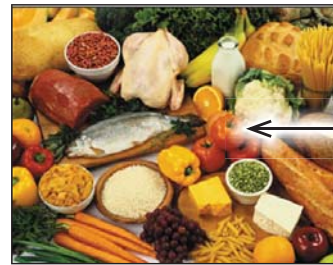
Aim to eat small, healthy snacks every 2 hours for faster reaction times.



Sugars are small enough to be absorbed into your blood within 5 minutes. That might seem like a fast answer to low blood sugar, but it is a bad choice because the sudden change causes even more problems. It triggers a large release of insulin and puts the sugar in storage.

Complex carbs are foods like whole grain bread and pasta, and fruit and vegetables with fiber. They are digested in about 1 hour and will **release a steady supply of fuel** that can be used by your brain.

Starches are complexes of sugars, they are found mainly in grains, fruits and vegetable foods with fiber. To use them, your body has to break them down first releasing the sugars a little at a time. That makes a nice steady supply of sugar for your nerves and brain.



Brain Food

Because simple carbs are absorbed the fastest, they give you quick energy. But they drop you down as quickly as they pick you up. That's why you may feel tired a couple of hours after a sugary snack. More complex carbs (especially less-processed high-fiber grains and veggies) have staying power.

- Eat small portions of whole grains, and fresh fruits and vegetables and avoid sugars to stabilize your blood sugar and speed up your reaction time.

Look at the **Power Driving** book for lists of good carbs to eat and when to eat them.

2

Protein can be powerful

Protein provides the **building blocks** for every part of your body from structural items like tissues, to communication and defense, and even to the actual machinery that breaks down food and generates energy.



Check out the Power Driving book for lists of the best proteins to eat.

The makeup of protein is more complicated than that of carbohydrate so it **takes longer to digest** (about 2 hours). When protein is part of a meal or snack, it slows down the digestion of carbohydrate to provide a slow, steady supply of fuel. **Eating a little protein with each snack is a great way to keep you from running out of energy and help keep you alert while driving.**

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 in 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 diarrhea if you eat too much of them. Stevia is included in this group. They have a smaller effect on blood sugar and insulin than sugar, but they still cause small increases because they are still carbohydrates.

Using artificial sweetener in your coffee and in non-sugar yogurt or jam does NOT pose a health risk and may help you lose weight as part of a healthy diet and exercise program.

6

The skinny on sweeteners

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 further 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 in a whole apple, or orange.



When it comes to nutrition, all types of sugar are the same.

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

The best known sources of protein are meat, fish, poultry, eggs, dairy products and nuts. But some of these foods also contain a lot of fat, adding extra calories to your diet and slowing down digestion. Too much fat can also cause health problems

Vegetables and grains also contain some protein; especially dried beans, lentils, and tofu. These protein choices have the added benefit of being higher in fiber 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.



Add a few beans to make your meal healthier.

For a nice steady supply of energy all day long try to **include a small amount of low-fat protein** in every meal and snack. Check out the **Power Driving** book for recipes and lists of healthy snacks to keep your driving at its best.

3

Fat is NOT a 4 letter word

Fat has more than TWICE the amount of calories as carbohydrates or protein – and

there is no limit on how much we can store (darn!).

But we do need to have some fat in our diets because it contains some important nutrients that we can't get anywhere else and besides it makes food taste great.

Since the work of driving doesn't require a lot of calories, save your fat allowance for places where it really makes a difference. You can often reduce the fat in a meal by half or more without it changing the taste or texture of the foods. There are some great low fat recipes and tips on to how to take your favorite food and decrease the fat content in it in the **Power Driving** book

Make your fat choices count for health,

by avoiding trans and saturated fats and using nutrient-rich unsaturated oils like olive or canola oil when you have to add a bit of fat for cooking.

Use olive or canola oil for cooking



Sleep. Get 7 or 8 hours per night on a regular basis. It seems backwards, but if you get more exercise, you will have more energy for your family in the early evening and can get more done. Spend less time on the couch and get to bed a little earlier. The exercise will also make it easier to sleep well.



Take a nap if they work for you, but



remember that they need to be shorter than 30 min or they will make you feel sluggish. If you have to have a nap while loading, do it on your first trip.

Naps in the late night/very early morning give better sleeps than those taken in the middle of the afternoon.



Caffeine is a strong stimulant, but it also places a greater load on your heart, raises your blood pressure, dumps fats into your blood stream, and acid into your stomach. **Use it wisely,** most days you should limit yourself to two cups of coffee (200-300 mg caffeine total).



Stay interested. Think about how fast you are going, listen for changes in the noise of the engine and wheels, check out the other vehicles on the road, plan your route for potential areas of high hazard. Keep your mind thinking and it will stay awake.

5

5

Fatigue fighters

What can you do to wake yourself up and get a boost of energy?

Get some exercise. Park the truck, get out and walk around it 3 times quickly. Check your tires, wrappers and misc. nuts and bolts. The movement, fresh air and light will restore your energy.

Avoid sugars. When you eat sugary foods your blood sugar rises very rapidly. This makes you release a lot of insulin which turns the sugar to fat, drops your blood sugar and starves your brain making you feel tired.

Manage your blood sugar. Small snacks that are high in protein, fiber, and complex carbs but low in fat should be eaten in small amounts every two hours from the time you rise to give your brain the fuel it needs to keep you alert. You'll find lists of good snacks in the Power Eating book



Stay hydrated. Drinking plenty of water will help to keep you from getting headaches and feeling tired.

The fats in cold water fish like salmon are very healthy, and should be eaten at least a couple of times each week.



Fats slow down digestion, including slowing down your ability to use everything else you eat with them for 3-4 hours, and they are never a good fuel for your brain and nerves. So unless your exercise level is very high, it's wise to limit your fat intake.



Game meats are very lean.

*Check out the **Power Driving** book for low fat food suggestions and recipes for delicious healthy meals*

Choose leaner cuts of meat and remove the skin from chicken. Switch to skim milk and cut down on fat by using non-fat cream cheese on your toast and vegetable slices on your sandwiches instead of margarine, butter, mayo and cheese.

4

Focus on fluid

You might not think that you get dehydrated during a day of driving, but even when you are not sweating heavily **you still need a fair bit of fluid on a daily basis (2-3 L or 8-12 cups)**. Even mild dehydration can make it difficult to concentrate and harder to stay alert and make good decisions while driving.

Another big advantage to getting into the habit of drinking fluid is that it helps make your stomach feel full and if you drink while you eat, it will slow you down. Both of these will help if you are trying to lose weight



Drinking more fluids can help you feel full, eat less and lose weight.

One thing to be very careful of is how much sugar you get in beverages. Even **“unsweetened” fruit juice has a lot of sugar and calories that you don’t need** and don’t benefit from nutritionally.

Water is the best choice, but generally we only drink a beverage if we like the taste. So if you aren’t excited by plain water, try adding a splash of cranberry, lemon or lime juice and keep your water cold. Drinking up to two 8 ounce servings of artificially sweetened soda or juice per day is also ok, but try mixing them with water or a lot of ice to stretch them.



Add just a splash of flavour to your water.



Drinks containing caffeine are not good sources of fluid as they make you lose water. Caffeine is a strong stimulant, and can be used to wake you up when you are tired, but **beware of all the extra calories in the cream and sugar.**

Plain dry non-fat milk or reduced-fat condensed milk can give the richness of cream without the extra fat.



Choose water over soda, juice or coffee

4