

DRIVER SAFETY LETTER



NPTC
National Private Truck Council

CENTERLINE
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Healthy Habits

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Staying healthy on the road can be tough. With long hours, lack of exercise and eating meals away from home, it can be difficult to stay in shape and manage your stress. However, you can maintain a healthy lifestyle by watching what you eat and increasing your activity. It takes hard work, planning and discipline.

- **Do it yourself:** Try to make your own meals and include healthier snacks. Not all of your stops will have the best or healthiest food options. Making your own snacks and meals allows you to exercise portion control, while, at the same time, allowing you to save money and avoid the temptation of unhealthy snack foods.
- **Keep it balanced:** Look for nutritious meals and snacks that include fresh fruits and vegetables, whole grain breads, nuts (almonds, pistachios, walnuts, and pecans), protein (salmon and tuna packed in water or low-fat meats such as roasted chicken, turkey, ham, and lean roast beef) and dairy (low fat cheeses such as mozzarella, string cheese, farmer's cheese, low fat cottage cheese; low fat yogurt, and small containers of skim or 1% milk).
- **Stay hydrated:** Keep a supply of water in the truck and drink a glass before each meal. It is a zero-calorie drink and will prevent excess snacking. Try a lemon or lime slice to add flavor.

HEALTHY SNACK IDEAS TO TAKE ON THE ROAD

Staying healthy on the road can be difficult. The choices are often gas stations or fast food restaurants, both filled with unhealthy landmines. Packing your own snacks is often the best option for ensuring you're eating something nutritious and well-balanced. A healthy snack can keep you alert longer and increase healthy habits.

Here are some wholesome snack options that are easy to keep fresh on-the-go.

1. VEGETABLES/FRUIT AND PEANUT BUTTER

Apples or celery with peanut butter can easily be pre-portioned and brought on the road. There are many options for peanut butter in single serving containers.

2. TRAIL MIX

This is one of the easiest portable snacks because it won't spoil and provides a good mix of fat and protein. Make your own by combining two parts nuts with one part dried fruit or granola and put a cup serving in a plastic baggie. There are also a lot of recipes for adding your own flavors like bbq to your trail mix. Or try one of the pre-packaged options, which may be one of your best choices when faced with a gas station filled with chips and candy.



3. VEGETABLE CHIPS OR POPCORN

If you have a craving for something crunchy, there are some good alternatives to potato chips. Veggie or plantain chips are now common in most stores and offer more nutritional value than a regular bag of Lays. Popcorn is also a great option for a low calorie but high volume food. 3 cups of it is only 192 calories, making for a highly satisfying snack.

4. BENTO BOX

Making a bento box filled with healthy options can be a great way to snack with some variety. You can fill it with cheese slices, hard boiled eggs, crackers, fruit (try frozen grapes) or nuts. Can also make a great breakfast on-the-go as well.

5. BEEF OR TURKEY JERKY

Picking a brand of jerky that doesn't contain a large amount of sugar or preservatives can make this snack a great high-protein option. Or you can try making your own.

- **Go for a walk:** When you stop to use the restroom or to fuel your vehicle, walk around the outside of the parking lot. Even a 15-minute walk will help stretch your legs, burn some calories and combat fatigue. Doing this twice a day makes a difference. Be sure you are in a safe area and are aware of your surroundings.

The NPTC Monthly Driver Safety Letter, jointly sponsored by NPTC and [Centerline Drivers](#), is a Microsoft Word document that you can print out and post as is, if appropriate, or modify any way you wish to make it a better fit for your drivers, including adding your company logo. If you are already doing an in-house letter, you may find information here that you can cut and paste into your own letter. If you are interested in specific subjects, or have any comments/feedback, contact Tom Moore, CTP, at tmoore@nptc.org or (703)838-8898.