

February 27, 2017

Health and Wellness

Top health risks - The top critical health risks to commercial vehicle drivers are: smoking and tobacco use; obesity/being overweight; hypertension (high blood pressure); poor nutrition (including diet, alcohol, drugs, and other chemical substances); lack of physical activity/physical fitness; and psychological stress.

Health & fatigue - Drivers who are generally more health conscious and who are more physically fit, are more likely to maintain continuously high levels of driving alertness and attention.

Healthy habits - Drivers by necessity spend long hours of physical inactivity driving. Seek help in developing an exercise and fitness program to improve stamina and strength. If you are fit from exercising routinely, you will also reduce stress and improve your mental wellbeing.

Healthy choices - You are what you eat when it comes to good health so the more you understand how to make good dietary choices the better for your health. The same applies to understanding the benefits of counter measures to ward off fatigue. Fatigue countermeasures include obtaining a minimum number of hours of restful sleep, employing napping strategies, taking sufficient rest breaks from driving and paying attention to variations in mood, motivation, and performance. With increased awareness it is more likely you can act on telltale warning signs of the onset of fatigue and waning alertness while driving.

Nutrition - Did you know that ½ of your plate each meal should be fruits and vegetables? Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.

Exercise - Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. It may seem difficult at first to find the time or energy to exercise, but even a little exercise a few days a week can help improve your health. Try and go for short walks, do some push-ups, jumping jacks, stretch, and other physical activity. Always check with your doctor first to be sure you are able to perform physical activity.

Relating - Improving and maintaining your health will allow you a better opportunity to live longer, spend more quality time with your family, enjoy your hobbies, and other fun and important parts of life. In addition, your ability to be effective at your job can be enhanced by staying healthy.