

October 29, 2018

## Staying Healthy on the Road

It can be hard for anyone to stay active and healthy. For bus drivers who are on the road for long stretches of time it can be even more difficult. But with a little planning it can be done.

To avoid temptation of excess snacking it is recommended to pack your own individually portioned snacks such as nuts, crackers with peanut butter or cheese, and low-fat yogurt.

Other tips to stay healthy include:

- Start your day with a filling, balanced meal. Eating three smaller meals and a few snacks throughout the day, rather than eating two to three fast-food meals, is a healthier option.
- Remember to stay hydrated. Keep a supply of bottled water in your bus at all times; however, do not drink while your bus is in motion.
- Take a break to walk whenever you can. Even short walks can help combat fatigue and stretch sore muscles.

