



TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

PARTNERING WITH TOWNSHIPS

## Healthy Eating



Over-the-road (OTR) drivers experience the most difficulty in maintaining a healthy lifestyle on the road. Contributing factors associated with an OTR driver are:

- Long periods of inactivity & boredom
- Interrupted & inconsistent rest/sleep
- Stress of being on the road for extended periods of time

The factor that has the greatest impact on drivers' health is improper eating habits. OTR drivers have an abundance of both down time and drive time, which provides an excellent opportunity to snack on junk food. Often times healthy, well balanced meals are by passed for more readily available "fast food" or snack foods. Healthy alternatives to junk food are:

- Fruits & Vegetables - Replace potato chips, French fries, donuts, candy & cookies with healthy substitutes such as carrots, celery sticks, melons, apples, bananas & oranges. All are rich in vitamins & minerals and can minimize weight gain.
- Fiber - Both soluble & insoluble can have a positive impact on your overall health by helping to lower your cholesterol and reduce the risk of colon cancer. Excellent sources of fiber are fruits & vegetables, such as beans, oats, corn, wheat bran, whole grain breads & cereals. Consider having a salad instead of a greasy cheeseburger!

Nutritional science is discovering that food intake plays a major role in nearly all aspects of our lives, from emotional stability and energy level, to our overall health and sense of well-being. While there may not be much you can do to change the nature of the OTR driving job, a driver can at least learn and use some healthy eating habits.

A balanced diet can elevate your mood and improve your quality of life. Make an attempt to eat right and lead a healthier lifestyle. It will show in both your professional & personal lives.

**For more information, contact your Loss Control Consultant at (800) 252-5059, ext. 1387 or 1384.**

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