

SAFETY BLITZ

HEALTH & WELLNESS

FITNESS

ALWAYS CHECK WITH YOUR HEALTHCARE PROVIDER BEFORE BEGINNING ANY TYPE OF STRENGTH TRAINING PROGRAM

FIT-NESS

/ˈfɪtnəs/

One's ability to execute daily activities with optimal performance, endurance, and strength, along with the management of disease, fatigue, and stress.

FITNESS BASICS

- Exercising improves brain performance. Cardio helps create new brain cells, enhancing brain activity and alertness.
- Regular exercise boosts your immune system. Less sick time means less time off the road.
- Exercise increases endorphins, which help increase productivity.
- Physical activity can help lower the risk of high blood pressure and stroke, reduce arthritis symptoms, and prevent weight gain.
- Exercising on a regular basis promotes better sleep, allowing your body to rejuvenate itself on a nightly basis.

WORKING ON FITNESS WHILE ON THE ROAD

- Try to get at least 30 minutes a day of moderate aerobic activity to get your body moving and the endorphins flowing.
- Consider using a training app on your smartphone. There are many popular ones currently on the market. You may need to try a few to find the "right" one for you and your schedule/ability.
- Join a gym. Many gyms offer locations nationwide, with extended hours to fit your schedule.
- Pack the tools for success. Consider keeping resistance bands in your truck or workspace. These are less bulky and easy to use.
- High Intensity Interval Training (HIIT) programs can be done anywhere and burn calories, improve flexibility, and increase strength in a short amount of time.



Love's Travel Stops is the nation's leading travel stop network with 644 Love's locations in 42 states. Love's is committed to providing customers with "Clean Places, Friendly Faces" at every stop.

Thank you to Love's Travel Stops for partnering with our team this year to promote Healthy Lifestyles.



ATA COMP FUND
THIRTY YEARS



ALLIANCE INTERSTATE RISK

TIPS FOR EXERCISING

- Warmup to reduce injury.
- Develop a baseline, then focus on building muscle.
- Think "Big Picture" and do exercises that focus on total body.
- Body weight is the best weight.
- Forget the sit-ups and focus on moves that challenge your abs, lower back, and glutes like planks and burpees. These help build your core.

FITNESS FUN FACTS

- New studies show that walking just 4,000 steps a day can significantly improve heart health, reduce body fat, and decrease mental stress.
- The human body has 650 muscles, with the heart being the strongest.
- You use 200 muscles to take one step forward.
- On average, a person walks 110,000 miles in their lifetime.
- Only 50% of adults get the physical activity they need to help reduce and prevent chronic disease.
- People who don't regularly exercise may lose up to 80% of their muscle strength by age 65.
- Over \$117 billion in annual health care costs are associated with inadequate physical activity.



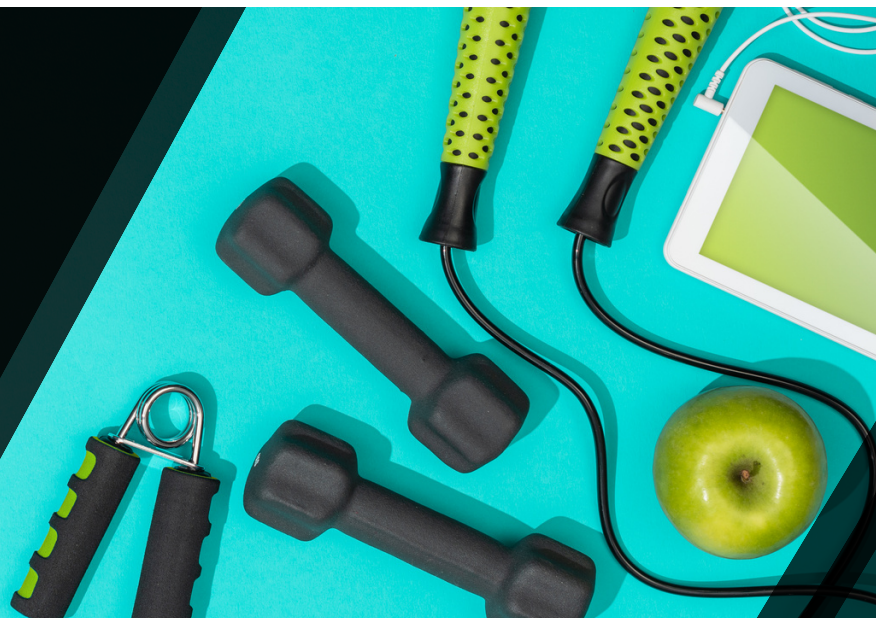
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COMMON EXERCISES USING BODY WEIGHT

PLANK

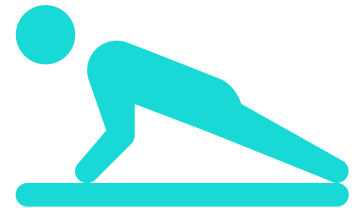
A core strength exercise that involves holding a pushup-like position for the maximum time possible. This move strengthens the abdominals, back & shoulders.



PUSHUP

By raising & lowering the body with your arms, this exercise strengthens your chest, triceps, & shoulders. Variations include wide arm & diamond pushups.

*Pro tip: Best way to build up to a pushup? Start by placing your hands on a bench, box, or truck step. Doing so will lighten the amount of bodyweight you have to press upward. Form a straight line from your shoulders to your feet. Just as you would during a traditional pushup.



LATERAL RAISE

While standing, place both feet on the middle of a resistance band and hold each end with your hands. Raise both arms to the side, until they reach shoulder height, then return to your starting position and repeat.



TRICEP DIP

Narrow, shoulder-width dips strengthen your arms, chest, & back. Support yourself on a sturdy object (chair without wheels, truck step, floor) with your arms straight & your shoulder over your hands. Lower your body down until your arms are at 90 degrees, & then push back up until your arms are straight.



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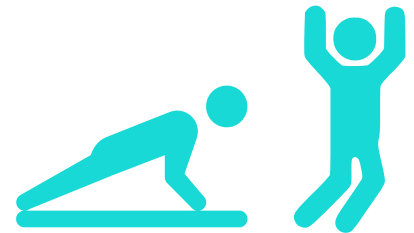


COMMON EXERCISES USING BODY WEIGHT

BURPEE

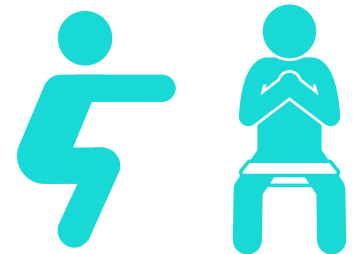
This full body exercise is great for strength training.

- From standing upright, move into a squat position with your hands on the ground
- Kick your feet back into a pushup position
- Bring your feet back into a squat position
- Stand upright



SQUATS

A classic strength exercise that engages the whole body & works your core, legs, back & butt. Best executed slow & steady, with your hips over your heels & your knees in line with your toes. For an increase in intensity, add a resistance band. Simply loop the band around your legs - just above the knees, before moving into the squat position.



LUNGES

These are a great exercise for strengthening, sculpting & building several muscles at once. The movement works multiple muscles in the legs, core, & butt! Again, to increase intensity, add a resistance band.



MOUNTAIN CLIMBERS

A great exercise for targeting your core. Begin in the push up position & alternate bringing each knee up to your chest in a smooth, controlled motion.

