

SAFETY BLITZ

HEALTH & WELLNESS

ROUTINES

ROU·TINE

/rōo'tēn/

a sequence of actions regularly followed; a fixed program.

MORNING ROUTINE = PRE-TRIP INSPECTION

- A morning routine is to personal health and wellbeing as a pre-trip inspection is to a successful day on the road.
- A good, healthy morning routine can set the tone for the day. It can help you manage stress more effectively, sleep better, make better decisions, eat healthier, and get active.
- Everyone's routine may vary based on personal preferences and individual circumstances. Customize the tips below to create a routine that works for YOU.

CREATING A MORNING ROUTINE WHILE ON THE ROAD

- Wake up early: Try to wake up with enough time to complete your morning routine without rushing. This will give you a calm and focused start to the day.
- Stretch and exercise: Perform some light stretching or exercise to get your blood flowing and wake up your muscles. This will help you stay alert and reduce stiffness from sitting for extended periods.
- Hydrate: Drink a glass of water as soon as you wake up to rehydrate your body. Add half a lemon to the water to stimulate metabolism and give flavor.
- Eat a balanced breakfast: Opt for a nutritious breakfast that includes a mix of protein, healthy fats, and carbs. Avoid heavy or greasy foods that can make you feel sluggish.
- Get refreshed: Take a shower, brush your teeth, and groom yourself properly. Good personal hygiene can make you feel refreshed and ready for the day.
- Make up your bed... or clean your cab: Small victories set the stage for a great day. Plus, having a clean living and work space can make you more productive.



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.



ALLIANCE INTERSTATE RISK

TIPS FOR A HEALTHY MORNING

- You snooze, you lose. When you hit the snooze button and go back to sleep, you enter a new (short) sleep cycle. This cycle is too short to allow for restorative sleep, which can leave you feeling groggy and less refreshed when you do finally wake up.
- Avoid the lure of technology. Checking email or social media when you first wake up can divert your attention and focus away from important tasks. It can lead to a scattered mindset and make it harder to prioritize and tackle the day effectively.

FUN FACTS ABOUT ROUTINES

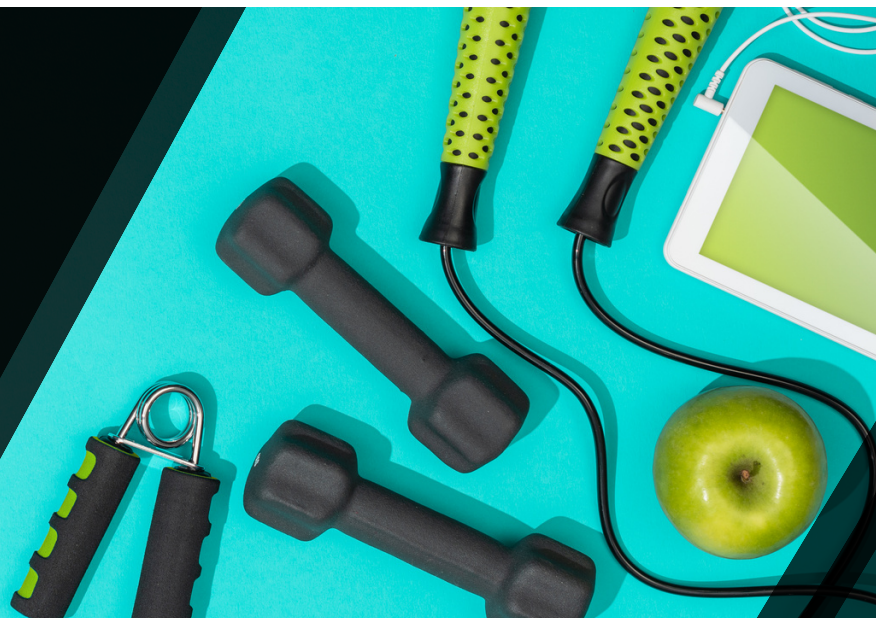
- Scientists found that a one-time act of thoughtful gratitude produced an immediate 10% increase in happiness and 35% reduction in depressive symptoms.
- Dwayne "The Rock" Johnson follows a disciplined morning routine. He typically wakes up around 4 a.m. to hit the gym for an intense workout before starting his day. Johnson believes in setting the tone for success through physical fitness.
- Benjamin Franklin had a morning ritual of waking up at 4:00am, which would involve proactively thinking about what he would accomplish for that day. He would ask himself the question, "What good shall I do this day?"
- Oprah Winfrey's morning ritual consists of clearing her mind with at least 20 minutes of meditation.



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EVENING ROUTINE = POST-TRIP INSPECTION

- A good evening routine is as important as a morning routine. It's like a Post-Trip Inspection, it offers the opportunity to reflect on the day/run and prepare, laying the foundation for the next day.
- Creating a consistent evening routine as a truck driver can help you wind down, relax, and prepare for a restful night's sleep.
- Remember, consistency is key when it comes to an evening routine. Try to establish habits that signal to your body and mind that it's time to unwind and prepare for restful sleep. Adjust these tips to fit your preferences and schedule, ensuring your evening routine suits your needs as a truck driver.

CREATING AN EVENING ROUTINE WHILE ON THE ROAD

- Prepare a healthy dinner: Opt for a nutritious dinner that includes lean proteins, whole grains, and vegetables. Avoid heavy or spicy foods that can cause discomfort or indigestion during sleep.
- Stay organized: Organize your truck's cabin and make sure everything is in its place. A clutter-free environment can help create a sense of calm and make it easier to find things when you need them.
- Disconnect from screens: Minimize your exposure to electronic devices at least an hour before bed. The blue light emitted by these devices can disrupt your sleep patterns.
- Connect with family and friends: Have a positive conversation and be encouraging.
- Engage in calming activities: Reading a book or listening to soothing music can promote relaxation prior to sleep.
- Set a regular bedtime: Establish a consistent bedtime that allows you to get enough sleep before your next shift. Stick to this schedule as closely as possible, even on weekends or days off. Doing this will signal to your brain that it's time to go to sleep.



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