



March 2015

Newsletter

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March is National Nutrition month and with that being said every year the Academy of Nutrition and Dietetics put their efforts on a campaign that focuses attention on helping people make informed food choices and developing sound eating and physical activity habits.

Over-the-road (OTR) truckers have the propensity to lead one of the unhealthiest lifestyles in today's working class. The very nature of the work is sedentary. The work in and of itself is somewhat monotonous. Speaking from personal experience, it is easy to eat when one is bored.

One of the things you encounter is truck stops. They are an ideal location for a [truck driver](#). In one stop, you can fuel, shower, eat and possibly even have your truck worked on (maintenance wise). Therefore, if all those things are in one place, you save time by stopping there instead of several places. However, if you could add one more stop to your list that could save you weight and provide you real nutrition, and then perhaps you can work it in.



1. Eating Healthy on the Go

Most grocery stores in my experience have sufficient parking for tractor-trailers, although you may have to walk an extra bit. Moreover, since we live in an ever more convenience-filled world, they are a wealth of easy to eat nutritious food. Here are a few items that you can choose:

- Pre-washed bags of lettuce and spinach
- Pre-washed and cut vegetables (to eat alone or put on your lettuce)
- Pre-washed and cut fruit
- Whole pieces of fruit that are easy to clean (apples, oranges, plums, bananas)
- Grilling meat (especially chicken and turkey breasts)

Now for the grilling meat you would need to have a portable grill, fortunately those are easily accessible at most large department stores and large chain grocery stores.

2. Exercise

Exercise is hard when you are an OTR driver. You drive for [11 hours straight](#) (at least that is all you are supposed to do) then take 10 hours off (and I hope you do take that long off) and then you are back at it again, repeating the cycle. When you push that hard, where do you fit in exercise? Here are some suggestions you might consider:

Folding bicycles can be stowed in the sleeper berth compartment and then tossed up in the passenger seat when it is time to go to bed. While parked at a truck stop you can ride around the outer edges of the parking lot (to avoid traffic). Alternatively, if you are at a rest area, you can ride around there too. Some have little trails you can follow.

Running shoes are an inexpensive option and very easy to store. You can go walking or jogging in the same places you would ride a bicycle. Pedometers can be used in conjunction with the bicycle or running shoes allowing you to track your progress. Tracking your progress is a fantastic motivator.

Weights can be just as effective, although you want to be careful in your selections. Choose weights that you could quite possibly use while driving down the road. Kettlebells are a good choice for this type of workout. Words of caution though, make sure you have a good place to secure them. You do not want them to roll under your acceleration pedal, brake or clutch. That could be deadly.

3. Sleep

Sleep is essential to good [health](#). You live in the cab of your truck. Do not settle for the cheapest when it comes to a [mattress](#) and pillow. The [FMCSA](#) actually dictates what must be included in a sleeper berth at [§ 393.76 \(e\)](#).

Further, make sure you have a portable fan and heater. If your truck breaks down and you are going to sleep while you wait for the repair, then you will need something portable to keep you warm or cool, as the need may be.

You need to get as much sleep as possible in your 10 hours off and to do that your sleeping conditions must be as comfortable and as quiet as possible.

4. Mind

The job can be boring. Mile after mile after mile of monotonous roads, trees and signs. You can easily become distracted or you can think too much. Do you know that sometimes thinking too much is a bad thing? Dwelling on a matter too long can distort your thinking and even cause you to become enraged. Distraction and being angry are both bad for driving. They take away from your primary task, driving.

So this begs the question, how to you overcome the monotony? Here are a few suggestions:

- **Audio books.** Purchase or rent audio books and listen to your favorite authors or develop favorite authors. Use the opportunity to learn about subjects that fascinate you.
- **Language tapes.** You do not have to have the goal of becoming fluent in another language, but you can learn some phrases. This is especially useful if you deal with a number of individuals who speak a different language. Learn a few of things to say in their language. The amount of respect you will earn will be insurmountable.
- **Music.** Branch out in your taste of music. Do you listen to country music? Try listening to Bach or Tchaikovsky. Is rap music your taste? Try listening to world music. Your options are numerous.

5. Family

OTR work does not always lend to a healthy family life. It is so easy to come home after weeks on the road and either vegetate or be so involved with household chores that you could neglect your family. One way to connect with your family while home is share stories of your travels. Can you take pictures while on the road (while you are safely stopped of course) and share them with your kids?

Get an audio book for yourself and the same paper book for your wife (of course, something that interests you both). When you talk together (over the phone and/or when you are home), you can share what you liked most about the book. You might find you have even more in common than you ever realized.

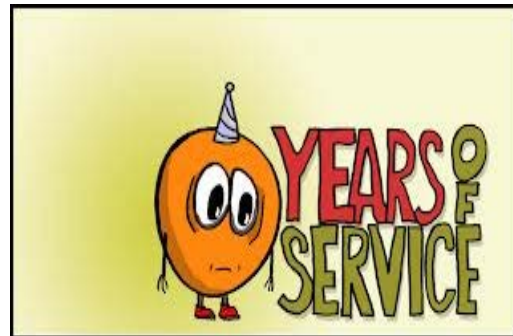
Small changes will help you in your goal towards becoming healthy. Just remember set attainable goals.



Andrew Smith 3/5

John Weaver 3/6

Drew Bolliger 3/10



Mike Wilmot 3/4 2 years

Cory Gibbs 3/29 11 years

THANK YOU FOR YOUR HARD WORK AND YEARS OF SERVICE! YOU ARE GREATLY APPRECIATED!



Magic Transportation would like to welcome James Douglas from Tuscumbia, AL. to our Alabama team!

Tips for Winter Eye Safety

When the days are cloudy and cold, sunglasses are probably the last thing on your mind. But winter eye protection can prevent painful temporary conditions and permanent eye damage.

Why do I need winter eye protection?

Did you know your eyes can get sunburned in the winter? Snow and ice reflect 80 percent of the sun's ultraviolet (UV) rays. Whether you're skiing, snowboarding or working outdoors, UV rays strike from every angle, even on cloudy days.

UV exposure can cause a painful condition called photo keratitis, or "snow blindness." Reporter Anderson Cooper recently experienced temporary vision loss from [this condition](#). He was on the water, but strong glare from any source can cause symptoms.



Protecting your eyes in winter can prevent or slow down other eye conditions, including:

- Cataracts
- Age-related macular degeneration
- Cancer and other growths
- Wrinkles around the eyes

Can cold temperatures affect my eyes?

Yes. Exposure to cold can cause eye pain, blurred vision and other vision problems. The cornea (front of the eye) can freeze if your eyes are not protected from extreme cold.

When is winter eye safety most important?

The risk of eye damage is highest in late winter and early spring, when days are getting longer. UV rays are strongest between 10 am and 3 pm, further south and at higher altitudes. Popular health site [WebMD explains](#).

You might not need sunglasses on some winter days. But weather changes rapidly, so keep sunglasses handy



PLEASE KEEP YOUR COMPANY CELL PHONE TURNED ON AND AVAILABLE WHILE YOU ARE ON DUTY! YOU DO NOT HAVE TO USE THE COMPANY PHONE TO MAKE YOUR CALLS, HOWEVER WE STILL NEED TO BE ABLE TO REACH YOU! THANKS SO MUCH!!