

# **CAN YOU COMPLETE A FULL BODY WORKOUT IN 5 MIN?**

# BICEP CURL

Grip each end of the resistance band. Hold one hand anchored firmly at the upper thigh of the opposite leg. Face other hand palm facing up bend your elbow slowly raising hand to shoulder pulling the band taught. Slowly lower to thigh and repeat. Perform exercise on each arm for 10-12 reps.



# TRICEP KICKBACK

Grip each end of the resistance band. Hold one hand anchored firmly at the upper thigh of the opposite leg. Face other hand to the inside. Bend and straighten arm pushing back pulling the band taught. Repeat on each arm for 10-12 reps.



# OVERHEAD PRESS

Grip each end, positioning one hand at shoulder level with palm facing forward and your thumb is close to your shoulder. The opposite hand will anchor the other end of the band taught at your waist. Press straight up, to fully extend your arm. Lower back down slowly and repeat for 10-12 reps.



# PULL APART

Grip the middle section of the band with both hands at shoulder level with palms facing down. Keeping your arms straight, pull your hands apart stretching the band out and back until your shoulder blades contract. Slowly return to starting position. Repeat for 10-12 reps.



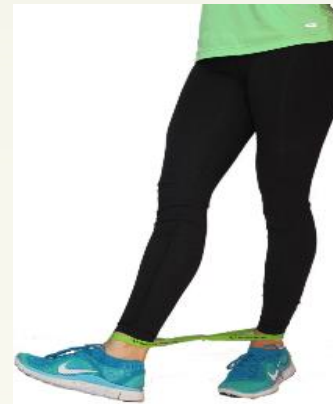
# STANDING CHEST PRESS

Standing Chest Press (chest) - Loop the band through a sturdy object at chest height or use your opposite hand to act as an anchor (as shown). With your back to the object, grab a loop in one hand and step forward until band is taught. Your hand should be at your chest, elbow up and palm facing down. Extend the hand forward. Return slowly, being careful not to go past your shoulders. Do 12 to 15 on each side. \*This exercise may be replaced with a standard push-up!



# STANDING ADDUCTION

Put one foot each into a loop of the band. Putting your weight onto the left leg, face the right foot angled out to the right side. While keeping the leg straight push the foot up and away from you. Repeat for 10-12 reps on each leg.



# SQUAT WITH LEG ABDUCTION

Place 1 foot in each loop of resistance band. Stand with feet shoulder width apart. Keeping weight in your heels slowly lower your body as if sitting on a chair. Keep you back straight and torso upright, your chest out and knees pointed in the same direction as your toes. Lower your body down until your thighs are parallel to the floor. Slowly push up from your heels, extending your legs and squeezing your glutes. Straighten your legs while lifting your left leg out to the side keeping it straight from hip to toe. Lower your left leg. Squat and perform the same motions on the other leg.





# SEATED LEG EXTENSION

Anchor the loop band in a low position on a support or under the opposite foot, looping the other end around your ankle with the band positioned behind you. Extend the leg out straight away from the anchor to create tension on the band. Slowly return your leg to starting position and repeat for 10-12 reps before switching legs.



# STANDING KICK BACKS

Stand up with one foot in each loop. Place arms on hips or hold out to sides for balance. Place weight on one foot and kick the other straight out back behind you. Slowly bring it back in. Repeat on each leg for 10-12 reps.



# WHAT ARE THE BENEFITS OF A 5 MIN WORKOUT?

# 5 MIN WORKOUT BENEFITS

- Everyone can find 5 minutes for a quick workout!
- Increase blood flow throughout the entire body
- Increase mental alertness
- Boost metabolism for hours after exercise is completed
- Short bouts of exercise helps to lower blood pressure
- A 5 minute workout after a meal is proven to lower fat and Triglyceride levels in the bloodstream

# THE ROAD TO A HEALTHIER LIFESTYLE



# HEALTHY TRUCKER

POWERED BY:



# BRIEF HISTORY

- **Healthy Trucker** – a division of NAL Insurance (est. 1955)
  - 250+ Fleets & 7500+ Owner/Operators

# **NAL – CLAIMS PROCESS**

- **Took Claims process in-house (adjudicate and pay claims out of our office)**
- **Our Dr.'s and Claims Staff see first hand medical information**
- **Impact the O/O's overall health, weight and smoking status have on claims.**

# WHAT IS THE SIGNIFICANCE OF THIS NUMBER?

61



# WHY IS THIS NUMBER SO LOW?

- Sedentary Lifestyle
- Poor Eating Habits
- Poor Sleeping Habits
- Stressful Occupation

# WHY IS NAL INTO HEALTH & WELLNESS?

## #1

Increasing Number  
of Claims

## #2

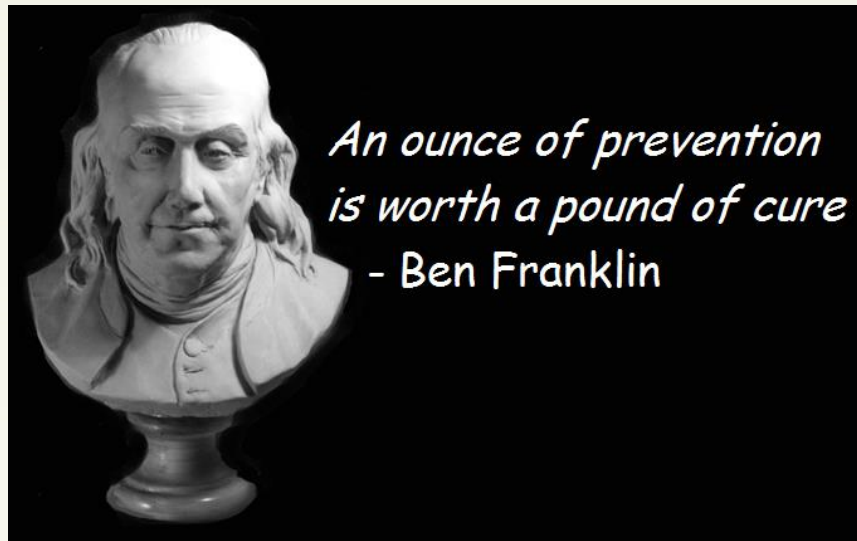
Increasing Duration  
of Claims

# POSSIBLE SOLUTIONS

## TO HIGH CLAIMS

- Increase Rates
- Rate Higher Risks
- Smokers, Overweight, etc.
- Change Insurance Providers
- ALL REACTIVE APPROACHES**

# PREVENTION



# WHY INVEST IN DRIVER HEALTH & WELLNESS?

- ✓ New drivers classified as obese are 50% more likely to be involved in an accident
  - Source: *The Institute for the Study of Labour* – [Click Here for Study](#)
- ✓ Drivers with BMI's over 30 are involved in twice as many accidents
  - Source: *Americas Sleep Disorders Association* – [Click Here for Study](#)
- ✓ Obese drivers are 20%-50% more likely suffer a fatality in a traffic accident
  - Source: *CBS News* – [Click Here for Full Article](#)

# TRUCKING

## RETURN ON INVESTMENT

- ✓ JB Hunt ROI 1.9-3.3 (net savings between \$1.6 - \$4.1 million)
- ✓ Schneider National saved \$500 per enrolled participant

- *Source: International Conference on Commercial Driver Health and Wellness...*  
[Click Here for full report](#)



# THE PILOT

**30+ FLEETS**

**50+ DRIVERS**



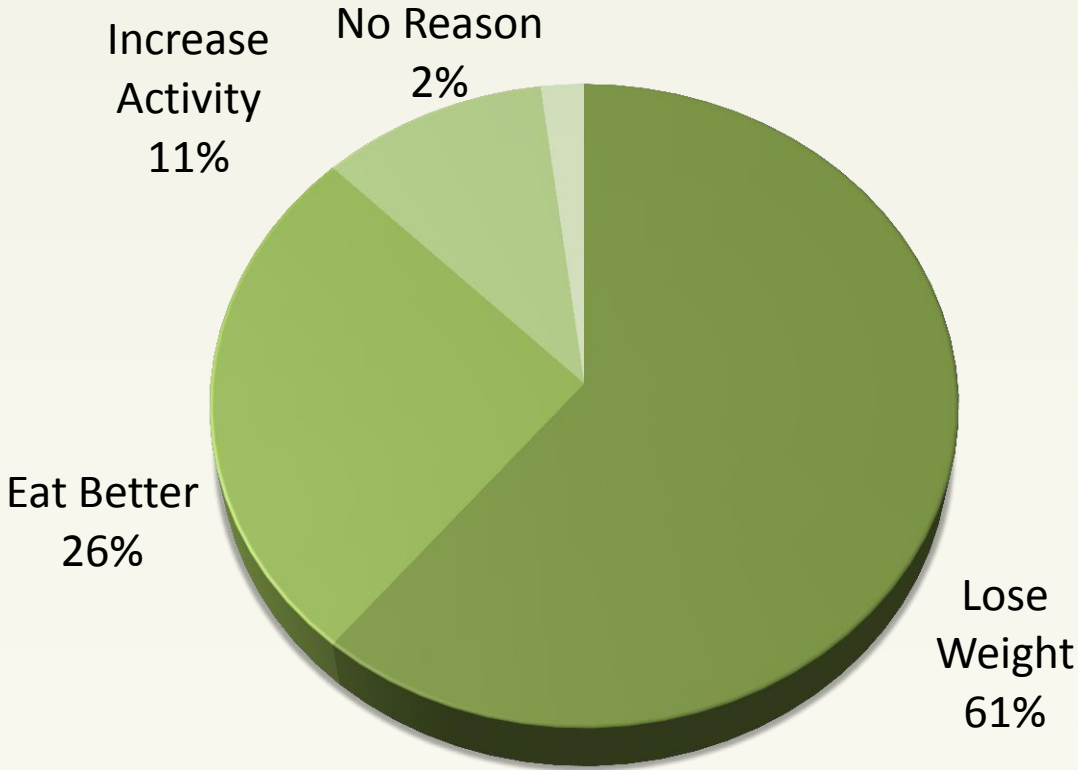
*The pilot program originated to help lower the cost of disability claims for trucking companies.*

**POWERED BY:**



# THE PILOT RESULTS

Why did drivers want into the pilot?

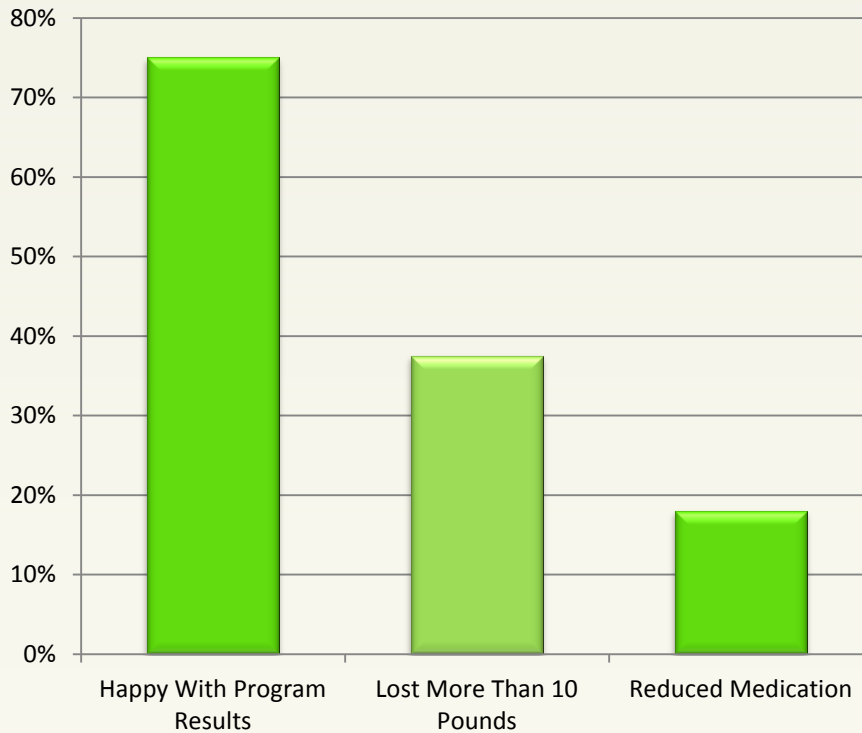


## The Pilot Details

- 13 Week Weight Loss Program
- 30 Fleets
- 51 drivers



# THE PILOT RESULTS



**75%**

**were happy with the results**

**38%**

**lost more than 10 pounds**

**18%**

**reduced medication**

# THE PILOT

## RESULTS



### BEFORE PILOT

**38%** - Expected To  
Stay With Their Fleet  
Over The Next 12 Months

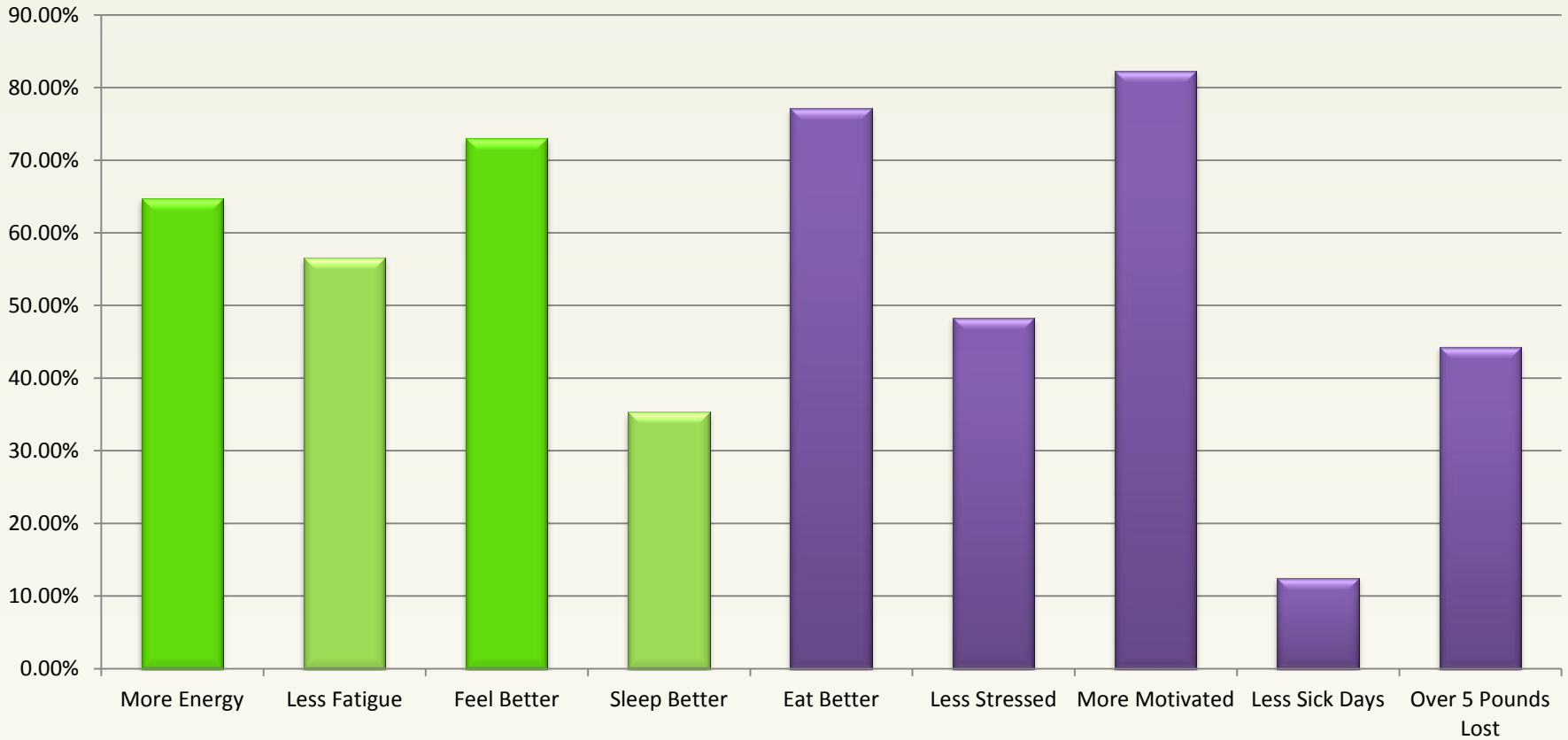
### AFTER PILOT

**74%** - Expected To  
Stay With Their Fleet  
Over The Next 12 Months

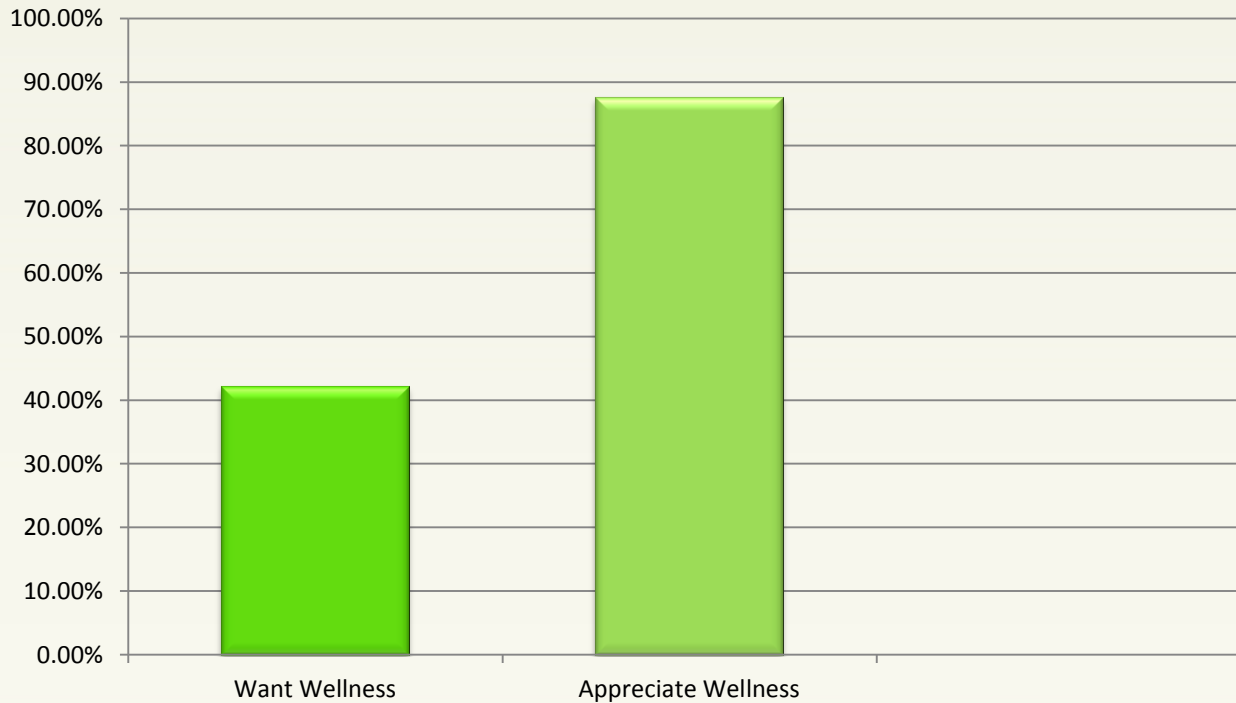
# WHY INVEST IN YOUR DRIVERS HEALTH & WELLNESS?

- ✓ Industry Statistics show the average cost is **\$5,000 - \$10,000** to recruit, hire and train a new driver.

# RECENT FEEDBACK



# RECENT RESULTS



**42.2%** - Want to work for a company who provides a Family Wellness Program

**87.6%** - Appreciate when their company offers a Family Wellness Program

# WHY INVEST IN YOUR DRIVERS HEALTH & WELLNESS?

- ✓ Increase  
Retention
- ✓ Increase  
Productivity

- ✓ Lower  
Benefit Costs
- ✓ Industry  
Responsibility

# REAL RESULTS

## DAVE HENDERSON

### 22 POUNDS LOST!

Truck Driver



“I am using parts of the belt I never have used before. Soon **I’ll need to buy a new belt.** I feel better because I am eating better. This helps me when I am driving the truck because I am **not getting as drowsy** and am more alert. I eat more snacks now and **eat at the right times** of the day for my schedule!”

# REAL RESULTS

## PAUL SLATER



## 31 POUNDS LOST!

Truck Driver

“I went from a **50 waist to a 46 waist!** My **diet** has changed and **I’ve changed.** I know I will be able to continue with this once the 13 weeks concludes because I have my own personal goals I want to achieve. One of the best things is I have been able to **decrease my diabetes medication.** It’s a life changing thing – this will be with me **forever now.**”

Jodi Flatt, Health & Safety Manager

“I have seen Paul Slater and the positive changes are definitely noticeable! Considering he is a long haul trucker, the success he has seen illustrates his commitment to a healthier lifestyle.”



# REAL RESULTS

## STEVE McCOMBIE



## 18 POUNDS LOST!

Office Staff, McArthur Express

“The dietitian is great, she answers all your questions and you can actually follow what she is telling you to do. I really like the daily texting tips, there could even been 2 a day because they keep me motivated and remind me of my goals!”

# REAL RESULTS

## BILL HARTMAN

### 44 POUNDS LOST!



Long Haul Truck Driver

“It wasn’t even like I was on a diet, it was just **substituting** what I was eating. It’s easy to follow the dietician’s information. My endurance is going up, I can walk for about 2 hours now. My wife even decided she wanted to update her eating habits and we worked together on the program, she lost about 25 lbs. too!”

# HEALTHY FLEET

## CHALLENGE

- ✓ We challenge you to get more active in 2015
- ✓ Track steps at your company and raise awareness for drivers health
- ✓ [www.healthyfleet.com](http://www.healthyfleet.com)



# MEET THE CHAMPION



## Melodie Champion

- Completed 2 Half Ironman races (70.3 miles)
- Completed 8 Half Marathon races (13 miles)
- Completed a 2 year course in Fitness and Health Promotion at Fanshawe College with a certification in personal training
- 5 Years Experience as a Nutritionist/Health Coach
- 10+ Years Experience in Insurance Claims
- Is a Board Certified Holistic Health Practitioner with the American Association of Drugless Practitioners

# WHAT CAN DRIVERS DO TO IMPROVE THEIR HEALTH?

# TOP 10 HEALTHY TRUCKER TIPS



# 1. Drink Water

- If you are thirsty you are already entering in to a state of dehydration
- Water boosts metabolism to promote weight loss, flushes out toxins, maintains regularity, regulates body temperature and is calorie free!

## 2. Cut out the White Stuff

- Get rid of white bread, sugar, white pasta, white rice
- These are refined carbohydrates and therefore empty calories
- Replace them with whole grains high in fiber



# 3. Sleep

- Lack of sleep can speed up aging and deter weight loss efforts
- The brain craves carbohydrates when you are tired and can sabotage your weight loss efforts

# 4. Stress

- Do what is in your power to reduce stress in your life
- Over time, high levels of stress can lead to serious health problems
- Don't wait until stress has a negative impact on your health, relationships or quality of life
- Start practicing a range of stress management techniques today....have you ever tried meditation?

# 5. Eat Breakfast

- Studies show skipping breakfast can increase your risk of obesity by over 4 times
- If eating breakfast is a challenge for you start with something little such as a small protein bar, yogurt, a piece of fruit or a smoothie

# 6. Exercise Regularly

- Canadian Guidelines say we should aim for 150 minutes of exercise per week
- This can be any activity from walking, hockey, or chasing your kids around a park!

# 7. Consume Lean Protein

- Protein is great for building muscle, keeping our heart and other organs healthy and it helps us feel satiated
- A lot of meat contains a high level of saturated fat that can inhibit these healthy effects
- Lean meats such as turkey, chicken, and lean cuts of pork and beef can offer the health benefits of protein without the fat

# 8. Eat Your Greens

- Greens are extremely nutrient dense
- Low calorie
- Very versatile
- Try adding spinach or kale to an omelette or smoothie

# 9. Don't Drink Your Calories

- Eat whole fruit instead of drinking the juice
- Drink water instead of soda
- Stick to black coffee and tea instead of adding cream and sugar

# 10. The Little Stuff Adds up!

- Adding salt to each meal can increase daily sodium intake significantly
- Dressings and sauces are high in calories and fat
- Include these items in your food diary so you know your daily total



# WHAT IS YOUR COMPANY DOING TO PROMOTE HEALTH AND WELLNESS?

# TOP 5 HEALTHY FLEET TIPS

# 1. START THE CONVERSATION

- Talk about your lunch time workout with staff and coworkers
- Encourage walking meetings
- Share your favorite healthy restaurant meal options
- Talk about how you fit workouts in to your busy schedule

# 2. LEAD BY EXAMPLE

- Bring a Healthy lunch
- Encourage walks at break time
- Park farther away from the building or walk or cycle to work

# 3. REWARD HEALTHY BEHAVIOUR

- Enter employee names in to a draw for a fitbit device
- Offer a day off each quarter for reaching health goals or reward for not taking a sick day
- Healthy employee of the month board
- Reward a group of healthy employees with a catered healthy lunch

# 4. QUIT SMOKING INCENTIVES

- Draw for a healthy reward
- Name and photo for recognition board or on social media
- Contests and special events Eg. Quit and win contest!

# 5. MAKE HEALTH & FITNESS INFORMATION AVAILABLE TO ALL EMPLOYEES

- Have printouts of healthy recipes in the lunch room and common areas
- Link to Healthy Trucker Facebook, Twitter and Instagram accounts on your social media websites
- Send weekly emails to employees promoting healthy habits

**THANK YOU**



**HEALTHY  
TRUCKER**

**Contact Us**

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W. [www.HealthyTrucker.com](http://www.HealthyTrucker.com)