



[Insert Company Name] Staying Healthy in the Winter

Most of us hate to see winter come. Not only does it bring cold temperatures, it brings a whole new set of driving skills to apply for driving in snow and on ice along with shorter hours of daylight driving. The winter months also bring in the colds and flu season. Statistics show that colds happen more in the winter months as people are more prone to spending time indoors where the air is recycled and people are in close quarters. There are ways you can either avoid or reduce the severity of colds and the flu.

1. Get enough sleep. Bring your own pillow along. Sleeping in a truck or hotel room doesn't always allow you to rest like you were in your own bed at home. By bringing your own pillow, you can get a better night's sleep.
2. Eat Healthy. Fruits and vegetables are full of antioxidants and vitamins that can help you from catching a cold or the flu. Berries, broccoli and tomatoes are full of vitamin C which studies have shown help combat germs.
3. Don't smoke.
4. Get a flu shot. Although they can't always be 100% effective, they will help in the severity of the flu symptoms.
5. Drink lots of water. Water helps regulate body temperature, helps lubricate your joints and helps to get rid of bodily waste.
6. Exercise. Better some than none. Get out and walk around the truck or when loading and unloading. When at home walk, bike, swim, lift weights etc. Remember if you are just starting, start small.
7. Take care of yourself. Driving a truck is your profession. Being on the road means you are not with your family back home. When you do get home you want to be well enough to spend time doing things with them. That means while you're gone on the road you need to focus on staying healthy and safe.

