

# Prioritizing Drivers Health

---

Melissa Broussard Jordan  
CPT, NBC-HWC

Bridge Commodities LLC

Triplett Bros Trucking LLC





# My first personal training client, ME



Before

---

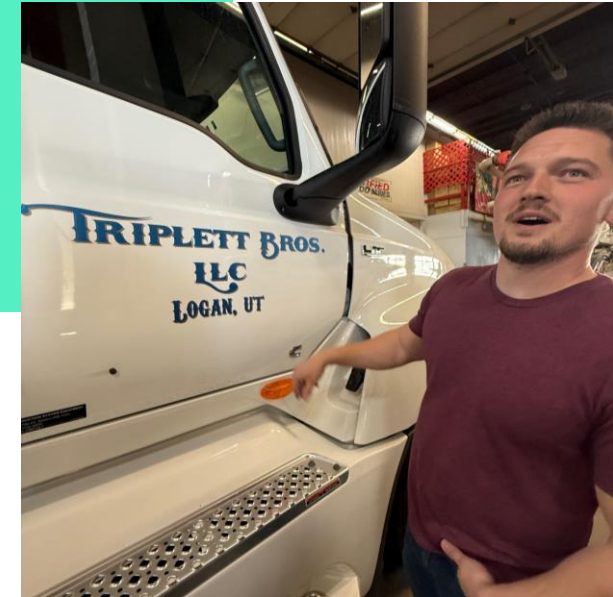


After

# Overview of Health Issues

## Key Statistics:

- **Average life expectancy;** of a long-haul truck driver: 61 years old. That's 16 years shorter than the national average 77 years. And shorter than any other profession in the USA)
- **Smoking:** Around 51% of truck drivers are cigarette smokers, compared to 19% in the general working population.
- **Hypertension:** About 78% of truck drivers have hypertension, commonly known as high blood pressure. This condition increases the risk of heart disease, stroke, and kidney disease.
- **Obesity:** Over 69% of drivers are obese. That's double the national obesity rate.
- **Health Insurance:** 38% of truck drivers are not covered by health insurance or a healthcare plan.
- **sleep apnea;** 1 in 4 drivers has sleep apnea. Which significantly increases the risk of heart disease and drowsy driving accidents.





# Risk Factors

## Many drivers report health issues:

- Chronic back and joint pain ( from trying to get DDG's out of their trailer)
- High stress (for taking a load to deliver at Alpha)
- Depression and loneliness (while still waiting to deliver the load at Alpha)
- Fatigue and burnout 🚛 (while still waiting to deliver the load at Alpha)

## According to the CDC and National Institute for Occupational Safety and Health (NIOSH): 🚛

- Approximately 14% of long-haul truck drivers have diagnosed diabetes.
- An additional 30%+ have prediabetes or elevated blood sugar levels but are undiagnosed.
- This is significantly higher than the general U.S. adult population, where about 11.3% are diagnosed with diabetes (per 2022 CDC stats)

## Poor Nutrition & Sedentary Lifestyle


- Limited access to healthy foods results in unhealthy eating habits contributing to chronic diseases.
- Prolonged sitting can lead to weight gain, muscle atrophy, and joint pain.



# Sitting is the New Smoking

The phrase came from research showing that prolonged sitting increases your risk for chronic disease and early death—

## Here's why: Health Risks of Prolonged Sitting

- **Heart Disease:** Sitting too long slows circulation and metabolism, which can lead to plaque buildup and increased blood pressure.
- **Diabetes Risk:** Sitting for long hours reduces your body's ability to regulate blood sugar and insulin levels. This increases risk for insulin resistance and Type 2 diabetes.
- **Obesity:** Calorie burn slows down to 1 per minute while sitting. Over a 10-hour drive, that's a huge difference.
- **Muscle Atrophy:** Sitting weakens your glutes, hamstrings, and core—which are crucial for stability, balance, and metabolic health.
- **Back and Joint Pain:** Postural strain from sitting compresses the spine, hips, and neck over time.
- **Cancer Risk:** Studies have shown links between sedentary behavior and increased risk of colon, breast, and endometrial cancers.
- **Shortened Lifespan:** Sitting more than 6 hours a day is associated with a 20% higher risk of death compared to people who sit for 3 hours or less—even if they exercise.
-  ***What This Means for Drivers:*** Long-haul truckers may sit for 10–14 hours straight. Without regular breaks to walk, stretch, or move, they're more at risk than almost any other profession. The fix isn't just a workout—it's breaking up sitting throughout the day. That's why truckers need “movement snacks”—like walking laps at stops, stretching at fuel-ups, or using resistance bands in the cab.

**To keep your CDL, you must pass the DOT physical exam every 1–2 years. It checks your basic health and ability to drive safely long-term.**

**Key Requirements:**

- **Blood Pressure:** Must be under 140/90 for a 2-year card. Up to 159/99 may qualify for 1-year. Higher = disqualification or recheck.
- **Vision:** 20/40 in each eye (corrected or uncorrected), 70° peripheral vision.
- **Hearing:** Must detect a forced whisper at 5 feet (with or without hearing aid).
- **Blood Sugar:** Fasting blood glucose should be under 126 mg/dL. If on insulin, a waiver and good control documentation are required.
- **Sleep Apnea:** If suspected or diagnosed, you must show proof of treatment (e.g. CPAP compliance).
- **Medications:** Must disclose all prescriptions. Some require clearance.
- **Urinalysis:** Screens for protein, sugar, and blood. Not a drug test—but abnormal results can trigger additional tests.
- **BMI & Weight:** Not an automatic disqualifier, but BMI over 35–40 may prompt sleep apnea screening or metabolic review.

**Common Reasons Drivers Fail:**

- Elevated or uncontrolled high blood pressure
- Unmanaged diabetes or high blood sugar
- Untreated or unreported sleep apnea
- Failing vision or hearing tests
- Red flags in urinalysis
- Medication complications

**“If you don’t make time for wellness, you’ll be forced to make time for illness.” – Tony Robbins**

# **D.O.T. Physical requirements & preparation**



# Nutrition on the GOOOOOOO

“The quality of your life is the quality of your habits.” –  
Tony Robbins – Life Force

“You don’t rise to the level of your goals. You fall to the  
level of your systems.” – James Clear – Atomic Habits

## Apps for Tracking Nutrition & Calories:

- MyFitnessPal : Easy barcode scanner, food database, and meal tracking.
- Lose It! : User-friendly with visual progress tracking.
- Cronometer ; Detailed nutrient tracking, including micronutrients.
- MyPlate (by Livestrong): Simple meal logging with built-in nutrition tips.
- Carb Manager : Great for low-carb or keto tracking

## DRINKS TO AVOID

- Gatorade and any other “sports drink”
- Monster, Red Bull, “energy” drinks
- Sugary Coffee beverages (lattes, frappes, etc.)
- Fruit Juice (even 100% juice is loaded with sugar!! It’s not healthy)
- Soda pop (even Diet!)
- Sweetened Iced Tea

## Meal planning for truckers

- 40 Easy Meal Ideas For Truck Drivers Freightech Inc.
- 26 Meal Prep Ideas for Truck Drivers – Big Rig Pros
- The Top 25 Quick and Easy Meals for Truck Drivers – ATBS
- Healthy Meal Prep for Long-Haul Truck Drivers – Classic Carriers
- Paprika – Organize recipes and build shopping lists
- MealPrepPro – Meal plans and prep guidance
- MealBoard – Combines grocery list, pantry inventory, and meal planner

## BETTER DRINK CHOICES

- Water 64-100 oz/ day
- Add in Electrolytes like...
- Liquid I.V.
- LMNT
- ZIP FIZZ
- WATER BOY
- Unsweetened Black Coffee
- Sparkling water
- Coconut water
- Aloe Vera Juice



# Smart Food Picks



- Whole fruit (bananas, apples, oranges, berries)
  - Fruit cups with or without yogurt
  - Hard-boiled eggs
  - Nuts and seeds (walnuts, pistachios, peanuts, etc)
  - Prepared garden salads with fresh veggies
  - Keto-friendly packs (meat, cheese, veggies no crackers or bread)
  - Cheese sticks or Babybel rounds
  - Greek yogurt (plain or low sugar)
  - Hummus with veggie dippers
  - Canned or pouch tuna and salmon
  - Protein bars (read the label — choose low sugar, high protein, **not** granola bars)
  - Peanut butter packets
- Having a health Coach or Dietician and Food tracking app to track your “Macros” Will really help your food choices! So you don’t have to do it alone! (Macros are Protein, Fats and Carbohydrates)
- Meal Prep for the Road: Planning ahead can save time, money, and your health. Prepping meals in advance helps reduce temptation and ensures you're eating balanced meals on your own schedule.
- Keep a Cooler in your Cab stocked with your favorite healthy Snacks

# Restaurant Eating tips

When you're eating out, small tweaks make a big difference. Here's how to make smarter choices even at fast food and diners:

1. Plan ahead where you'll eat and what you'll order
2. Look for menu items labeled baked, grilled, roasted, or steamed
3. Avoid fried, crispy, creamed, or breaded options
4. Skip the free bread or chips to avoid mindless snacking
5. Start with a side salad or soup to curb hunger
6. Ask for sauces, dressings, and cheese on the side
7. Opt for lean meats like turkey, grilled chicken, or fish
8. Replace fries with a side salad, fruit, or baked potato (not loaded!!)
9. Downsize—order regular or child-size portions
10. Consider a protein smoothie or yogurt parfait as a meal
11. Split large meals or take half to-go
12. Avoid sugary drinks and limit alcohol
13. Watch the buffet—fill up on veggies first, then protein
14. Build your sandwich with whole grain bread and pile on veggies
15. Avoid creamy salad dressings—choose vinaigrettes or lemon juice
16. People eat 20% more food than normal at “All you can Eat Buffets” , so skip the Buffet and order a meal off the Menu.
17. Ask for a box to come with your meal. Put half your meal in the box when it comes so you won't be tempted to eat the entire meal and you save the other half for later. You get 2 meals from one saving you Calories and Money!

# Intermittent Fasting & Meal Frequency

“Intermittent fasting doesn’t just help you lose weight—it allows your body to reset. When your body isn’t focused on digestion it can focus on healing and repair” – Tony Robbins

- Every time you eat, your blood sugar rises—even if you're eating fat, protein, or carbs.
- The type of food you eat determines how high it goes.
- In response, insulin is released to help your cells absorb glucose, and any excess glucose is stored as fat.

So, when you 3 meals a day and snacks in between, your blood sugar levels never have a chance to come down.

- If there’s too much glucose too often, cells become **insulin resistant**.
- **Results:** blood sugar stays high → leads to Type 2 diabetes, weight gain and fatigue.

“Most chronic illness starts with inflammation and blood sugar imbalance.” – Life Force

## Popular Intermittent Fasting Styles

Fast for 16 hours, eat during an 8-hour window (e.g., 12-8 PM).

Eat normally 5 days/week, restrict calories (500-600) for 2 days.

One Meal A Day - consume all calories in one sitting.

One full day fast, 1-2 times per week.

Alternate between normal eating and fasting days.

Fast for 24 hours once or twice a week.





# Intermittent Fasting

**Fewer Meals =  
less Insulin your  
body will produce**

**Better insulin  
sensitivity =  
Better blood  
sugar control and  
less fat storage**

**Helps reduce  
cravings, Improve  
focus and  
support weight  
loss without  
extreme diets!**

**Break your “fast”  
with Proteins like  
Eggs, meat and  
Greek yogurt and  
healthy fats like  
avocado, nuts,  
olive oil, and  
fiber like  
vegetables**

**Eat whole food  
combinations to  
avoid spiking  
your insulin like  
Eating Sugar and  
Carbohydrates do  
first thing in your  
eating window**



# Supplements & Antioxidants

- **B-Complex Vitamins** – Supports energy production, brain function, and stress resilience. Crucial for fatigue and nerve health.
- **L-Theanine** – Naturally calming amino acid (often paired with caffeine to reduce jitters).
- **Greens Powder** – For drivers who struggle to get enough vegetables while on the road (often includes vitamins, minerals, fiber, and antioxidants).
- **Probiotics** – Supports gut health, which influences immunity, digestion, and mood—especially helpful with irregular meals



## Top Supplements for Drivers:

- **Vitamin D3** – Immune support, mood regulation, and hormone balance
- **Magnesium Glycinate** – Promotes better sleep, muscle relaxation, and stress control
- **Vitamin C + Bioflavonoids** – Powerful antioxidant and immune booster
- **Vitamin E** – Protects against oxidative stress
- **Omega-3 Fatty Acids** – Supports heart health, reduces inflammation
- **Creatine** – Improves muscular endurance and cognitive performance
- **NAD+ Precursors (e.g., NMN, NR)** – Boosts mitochondrial health and cellular energy (from *Life Force*)
- **Essential Amino Acids (EAAs)** – Helps muscle recovery, energy, and performance, especially during fasting or low-protein meals
- **CoQ10** – Supports cardiovascular health and energy production
- **Berberine** – Helps regulate blood sugar and supports metabolic health
- **Curcumin (from Turmeric)** – Natural anti-inflammatory and joint support

## • Excessive Salt Intake Can Negatively Impact Kidney Function

- Increased Blood Pressure:
- Kidney Damage:
- Kidney Stones:
- Chronic Kidney Disease (CKD):
- Other Health Problems: Excessive salt intake can also be associated with other health issues like heart failure and stroke.

Insulin's effects on the kidneys are multifaceted, playing a role in both filtering and processing insulin itself and influencing kidney function in the context of diabetes and kidney disease.

- The kidneys are a major site for insulin clearance, removing a significant portion of circulating insulin daily. They filter insulin from the blood, then degrade it in the proximal tubules.

***High blood pressure is a Blood sugar issue not a Salt issue!!***





# Muscle and Blood Sugar

## Muscle Mass & Muscle Strength

Is where you dispose of, metabolize glucose, and regulate glucose levels. For better regulation of Blood sugar you need to have muscles big enough to put glucose into and respond to the signal of insulin.



**In just 10 weeks you can reverse  
Type 2 diabetes**

## Type 2 Diabetes

The Difference between you a someone with Type 2 diabetes is an extra 1 tsp of Glucose in the blood stream!

Strict adherence to a low-carb, high-fat diet and regular monitoring of blood sugar is essential. The earlier diabetes is caught, the more likely it is to reverse or improve significantly. Medical Supervision is critical—especially if someone is on insulin or glucose-lowering medications. The keto diet can cause rapid drops in blood sugar, so dosages often need adjustment to avoid hypoglycemia.

# Staying Fit & Exercise Strategies

## Short Workouts make it an easy HABIT to stick to!

- Exercise doesn't have to mean the gym—5-minute cab workouts, resistance bands, and even simple stretching can prevent stiffness and chronic pain.
- Walk around the truck at fuel stops. 10 minutes of movement every couple of hours can lower heart disease risk.
- Music is the number one motivator for movement. When you don't feel like working out, turn on your favorite song to get moving.
- One way to reduce insulin sensitivity is to move right after eating! Research shows that a post-meal walk as short as two to five minutes may have a significant impact on blood sugar levels. Studies have shown that a 30-minute brisk walk within 30 minutes after a meal can lower your blood sugar 50 times more than being sedentary (Eating Well Magazine, Jan 28, 2023).

2022 Ashton ID ½ marathon Jordan Family



# B3 Bands – Blood Flow Restriction Training

“Train smarter, not longer.”

## What Are B3 Bands?

B3 Bands are **inflatable bands** worn around the upper arms or upper legs during exercise. They apply **light, controlled pressure** to **partially restrict venous blood return** (from the limb back to the heart) while allowing arterial blood to continue flowing **into the muscle**. This creates a temporary and safe **low-oxygen environment** in the muscle—called **hypoxia**—which dramatically accelerates the body’s response to even very light exercise

---

Motion makes action easier. If you want to master a habit, the key is to start with repetition, not perfection.” — James Clear, Atomic Habits





# How Do B3 Bands Work?

## 1. Reduced Oxygen Flow = Fast-Twitch Fiber Activation

With less oxygen available, your body **recruits fast-twitch muscle fibers** earlier in a workout—these are the fibers most responsible for muscle size and strength.

## 2. Increased Lactic Acid = Hormonal Response

The restriction causes a buildup of **lactic acid**, which:

- Signals the brain to release **human growth hormone (HGH)**—up to **300% more** than traditional exercise.
- Stimulates **muscle repair, fat metabolism, and cellular regeneration.**
- Boosts **vascular adaptation**—more capillaries and improved circulation over time.

## 3. Cellular Muscle Pump & Protein Synthesis

This environment also triggers **mTOR activation**, the key signal for **muscle protein synthesis**, even with **light loads or bodyweight-only exercise.**

## Improved Insulin Sensitivity

Muscles trained with BFR become more **insulin sensitive**, meaning they absorb glucose better. This is **crucial for blood sugar control and Type 2 diabetes prevention or**



# Why B3 Bands Are Ideal for Truck Drivers

- No time for long workouts - Just 15–20 minutes of light exercise gives the same benefit as 60 minutes of traditional weight training
- No space or equipment - Use bands with walking, squats, lunges, curls, or pushups — even inside your truck. Wear them while doing simple resistance moves during detention times at Integrated Proteins.
- Joint or back pain - No heavy weights required—low impact & safe for aging or injured joints
- Irregular schedules -Bands are portable, fast, and don't require a gym or set class time
- Muscle loss (sarcopenia) -BFR has been shown to prevent and reverse muscle loss in older adults and sedentary individuals
- Need to maintain DOT health - Improves cardiovascular function, blood sugar, and metabolism, which helps with BP and glucose numbers for DOT exams

## What the Research Says

- NASA & the U.S. Military use BFR training to maintain muscle mass in zero-gravity and injured soldiers.
- Growth hormone levels increased 200–300% more with BFR vs. traditional training (Takarada et al., 2000).
- Muscle strength increased by 29% in 6 weeks using light BFR training — comparable to heavy weight training.
- Studies show significant fat loss and muscle gain in participants doing 20-minute BFR workouts 3x per week.
- A study published in Journal of Applied Physiology showed 4–6% increases in muscle size in just 2 weeks of low-load BFR training.

---

## Clinical & Rehabilitative Use

BFR is now used in:

- Orthopedic rehab (post-surgery)
- Physical Therapy
- Geriatric strength training (combats sarcopenia)
- Athletic performance (Denver Nuggets)
- Type 2 Diabetes intervention programs

B3 Bands, in particular, have patented multi-chambered inflatable designs to ensure safe and even pressure, and they're FDA-registered.

<https://www.grollfamilyfitness.com/>

---



**You don't need to lift heavy or spend hours working out.**

**B3 Bands make short, light workouts incredibly effective, perfect for truckers who need a smart, powerful tool for staying fit on the road**



# Sleep & Stress Management

## Sleep Deprivation is Dangerous:

- Less than 6 hours of sleep doubles the risk of a crash
  - Drowsy driving = drunk driving in terms of impaired reaction time
  - Poor sleep raises your risk of heart disease, obesity, diabetes, and depression
- Fatigue dulls focus, memory, and motor skills—making the road more dangerous

**“Rest is not a luxury. It’s a biological necessity.” – Tony Robbins, Life Force**

In Life Force, Tony Robbins underscores the critical role of sleep in achieving optimal health and longevity. He emphasizes that sleep is not merely a passive state but an active process essential for physical restoration, cognitive function, and emotional well-being.





**Stress isn't always mental—it's often a result of your surroundings and routines.**

**James Clear – Atomic Habits**

### Free Apps for Managing Stress & Sleep

- Insight Timer – Guided meditations, sleep music, mindfulness tools
- Smiling Mind – Evidence-based mindfulness in short sessions
- Calm (Free tier) – Nature sounds, breathing exercises, guided relaxation
- CBT-i Coach – Sleep strategies developed by the VA and DoD
- Breathe – Guided audio for stress, focus, and rest
- Simple Habit – 5-minute meditations ideal for truckers on tight schedules

### Tips to Improve Sleep on the Road

- Use blackout curtains, noise-canceling earbuds, and a supportive mattress/pillow setup
- Stick to a routine (as much as possible)—your body loves a rhythm
- Avoid caffeine after 2 PM so your natural melatonin can kick in
- Wind down before bed: light stretching, journaling, deep breathing, or prayer
- Take magnesium glycinate before bed to relax muscles and the nervous system
- Power naps (15–30 mins) restore alertness without disrupting night sleep

These supplements can be particularly beneficial for individuals with irregular schedules, such as truck drivers, who may struggle with maintaining consistent sleep patterns.

**Magnesium:** Helps relax muscles and regulate neurotransmitters involved in sleep.

**Glycine:** An amino acid that lowers body temperature, signaling the body to prepare for sleep.

**L-theanine:** Promotes relaxation without drowsiness, improving sleep quality.

**Melatonin:** A hormone that regulates the sleep-wake cycle, aiding in falling asleep

## Simple Stress-Reducing Habits:

- Try the 4-7-8 Breathing Technique: inhale 4 seconds, hold 7, exhale 8
- Practice gratitude journaling
  - Stretch or walk for 5–10 right after long drives or loading
- Use a yoga or breathwork app on your phone
- Listen to uplifting music or motivational apps
- Get morning sunlight to boost your circadian rhythm
- Stay connected—call a family member or friend



# The trucking industry can play a major role in reducing driver stress!!—and by doing so, improve driver retention, safety, and overall well-being.

Here are several actionable ways the industry can support drivers:

## Improve Shipping & Receiving Facilities

- Clean Rest Areas: Provide restrooms, showers, coffee stations, vending machines, and comfortable lounges.  
SAFE PARKING
- Wi-Fi Access & Charging Stations: Give drivers access to internet and a space to do paperwork.
- Walking Paths or Exercise Zones: Designated areas where drivers can stretch or walk during wait times.

- Pay for Detention: Compensate drivers for excessive loading/unloading wait times.
- Fuel & Layover Reimbursement: Alleviate the financial strain of long hauls or unexpected delays.
- Provide **realistic**, competitive rates to reduce the pressure to overwork.



- Respect for Time: Minimize detention time and adhere to appointment schedules.
- Create a culture where dispatchers, managers, and customers show appreciation and respect. Ask them what they need to perform better?

## Education & Wellness Resources


- Health Coaching Access: Offer optional virtual check-ins with wellness coaches or trainers.
- Wellness Incentive Programs: Bonuses or rewards for meeting health milestones (e.g. number of steps, quitting smoking, etc.).
- Listen to Feedback: Set up anonymous or direct communication channels so drivers can voice concerns.
- Mental Health Awareness: Normalize conversations around mental health, burnout, and stress.

*Why It Matters:* Truck drivers are the backbone of the American economy, moving 70% of all freight. But their health is being sacrificed in the process. Without urgent attention, this becomes not just a personal crisis for drivers—but a crisis for the entire logistics and supply chain industry !!



**Don't Forget! The #1 Motivator to getting yourself to move when you don't feel like it??!! Is play your favorite song!**

# Recommended Books and People to Follow

- Dr Mark Hyman Young Forever - read any of his books!!
- Tony Robbins read Life Force
- The Obesity Code by Dr. Jason Fung
- Eat Smarter by Shawn Stevenson
- 1. Jeff Nippard  
Focus: Science-based strength training, hypertrophy, and fat loss  
Why follow: Former natural bodybuilder and powerlifter who breaks down exercise science in easy-to-understand videos. He covers everything from workout splits to muscle-building myths.  Jeff Nippard on YouTube!!!
- 3. Tom Merrick (The Bodyweight Warrior)  
Focus: Mobility, flexibility, calisthenics, functional movement  
Why follow: Ideal for truckers or anyone training without equipment. Learn how to improve joint health, reduce pain, and get strong with your own bodyweight.
- Dr Eric Berg – Instagram
- Drsteele56- Instagram
- Coach Dave Lingner
- Thefiberteacher- Instagram
- Lisa.Kilgour.nutritionist – Instagram
- Dr.midgemd – Instagram
- Livingholsticlee – Instagram
- Insulin\_resistance\_101 – Instagram
- Doc\_amen – Instagram Dr Daniel G Amen