

Driving and your health - Think about it!



Information Supplement: Exercises for the Road

This sheet includes some simple exercises and stretches that you can do anytime to improve your fitness and flexibility. Keep them in the cab for easy reference.

Driver Stretches

WHY? To help relieve tight muscles after sitting for long periods.

HOW? Hold each of these stretches for 20-30 seconds.



Neck
(stretch side to side slowly and gently)



Chest and shoulders



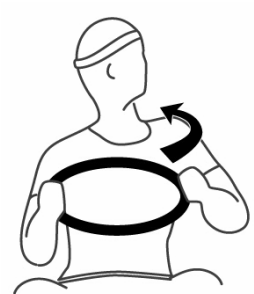
Lower back

In-cab Workout

WHY? This is a good way to loosen up in the cab during or after a long trip.

HOW?

1. Hold outside of steering wheel and push hands together towards the centre of the steering wheel, hold 10 seconds.
2. Flex heels (draw toes towards leg). Repeat 10 times.
3. Hold outside of steering wheel and pull outwards (to the side) with both hands, hold 10 seconds.
4. Still holding the steering wheel, twist the torso to each side (look over right shoulder and twist around as far as possible, hold 5 seconds, then twist to left). **Do not bounce or swing, this is a gentle stretching movement.** Repeat 10 times.
5. Repeat the series of exercises 2 or 3 times.



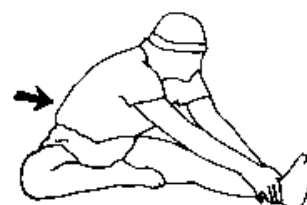
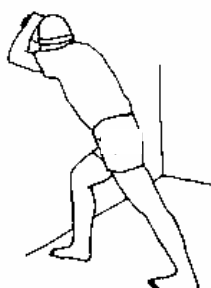


Driver Exercise Circuit

WHY? To stimulate blood flow and improve cardiovascular fitness.

HOW?

1. Walk/run 1 lap of the truck.
2. Step up onto truck step or bench (5 times). Height 0.4m or comfortable stepping distance.
3. Walk/run 1 lap of truck.
4. Do 5 push ups on ground/park bench/truck step.
5. Walk/run 1 lap of truck.
6. Do 10 sit-ups (see picture opposite).
7. Repeat the circuit 2 or 3 times.
8. Then **stretch** (as per below). Hold each of these stretches for 20-30 seconds.



Keep walking - use a pedometer

WHY? Wearing a pedometer is an easy way to improve fitness and maintain or lose weight. A pedometer is a simple instrument that you clip to your belt - a bit like carrying a pager or phone. It responds to movement up and down and records the number of steps you take. Some pedometers also calculate the amount of energy you burn.

HOW? Pedometers cost very little and are available at most department stores, pharmacies or sports stores. Just clip it on and start walking. Setting a walking target and building on it is a good idea.

- Up to 5,000 steps → a good place to start
10,000 – 12,000 → great for overall fitness and weight maintenance
12,000 steps plus → your target for weight loss