

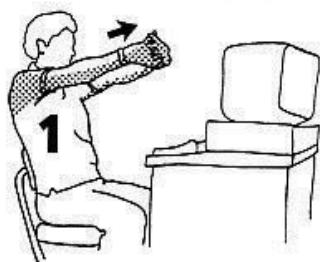
The Importance of Movement

Prolonged sitting has been linked with a number of health concerns including obesity and metabolic syndrome. Metabolic syndrome includes increased blood pressure, high blood sugar, excess fat around the waist and abnormal cholesterol levels. Long durations of sitting can also cause your muscle mass to decrease and over time atrophy (death of muscle tissue). Too much sitting also seems to be linked with increase death from cardiovascular disease and cancer.

This presents an obvious challenge to truck drivers

What are some of your options to get moving.

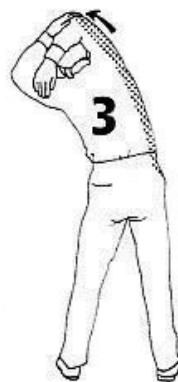
- **First** and foremost when you are not driving take that opportunity to stand. Getting up and stretch your legs helps get the blood and oxygen pumping through your veins –activating those muscles and wake them up a bit.
 1. Eating your lunch standing up, taking the time to go for a quick walk, it may not seem like much but walking is one of the forms of exercise there is.
 2. When you get a chance to stand slowly rock back and forth on your feet from your ankles to your toes, get those feet and calves moving again this will help increase circulation.
- **Second** when you are stuck in traffic take the chance to stretch your arms and your neck. Move your wrists around and do some waist twists. Again it may not seem like much but it is a start.
 1. The attached page has 12 exercises you can do while sitting, granted not while you are actually driving but try them when you are waiting for your truck to get loaded.
- **Third** when you are not at work find an activity that you enjoy that will get you up and moving. Yes we all need a little R&R and exercise is a great way to unwind and distress.
 1. Hiking is great even in the winter just make sure you are appropriately dressed and well hydrated.
 2. Looking for family time, try tobogganing, guaranteed to burn some calories climbing up and down the hill.



1
10–20 seconds
2 times



2
10–15 seconds



3
8–10 seconds
each side



4
15–20 seconds



5
3–5 seconds
3 times



6
10–12 seconds
each arm



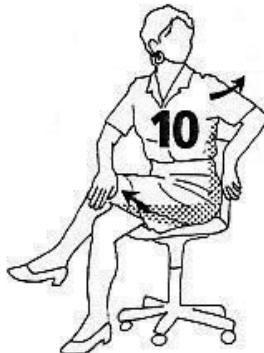
7
10 seconds



8
10 seconds



9
8–10 seconds
each side



10
8–10 seconds
each side



11
10–15 seconds
2 times



12
Shake out hands
8–10 seconds