

NOVEMBER 2018 TARP – HEALTHY HOLIDAYS

DRIVER NAME _____ TRUCK # _____

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It's getting to be the time of the year to gather with family and friends to count what we're thankful for. While our health is normally at the top of that list, it's also something we often take for granted. Let's take a look at why our health is so important and what we can do to be in control of our quality of life.

Every aspect of our lives is dependent on our health Most of us never even think about health until we encounter a problem. However, the decisions we make every day have a direct impact on our wellness. What did you eat today? How much sleep did you get? Did you drink enough water? Are you taking care of your mental and emotional needs? Small lifestyle decisions can lead to large health impacts.

Diet Your body requires a healthy diet in order to fight illnesses, maintain physically performance and overall preserve your wellness. Unfortunately, most of us do not keep diets with a steady amount fruits, vegetables, and lean meats. Due to our increasingly busy lifestyles, Americans overall are eating more and more processed foods. Food should be considered your body's natural medicine – in other words, don't consume something that won't have a positive impact on body functions. So how should we start? Eat a variety of foods. Limit your intake of junk food, saturated fats, and sodium. Increase your intake of fruits and vegetables. Eat more lean meat and whole grains.

Sleep The amount of sleep you get has a direct impact on your health. When you sleep, your brain produces a hormone called Melatonin, a powerful antioxidant that can help boost your immune health and lower blood pressure. Sleep is your body's repair time. Without getting quality shut eye, your body may not be allowed time for healing things such as blood vessels, infections, sore muscles, and mental clarity. Try to get a full 8 hours of sleep in a dark room at a comfortable temperature for the best quality.

Hydration Did you know you're supposed to drink half your body weight in ounces of water every day? More than half your body is made up of water, so it's extremely important to stay hydrated. Every tissue, organ and cell in your body is depending on water to function properly. It helps regulate body temperature, assistant in digestion, carry nutrients and oxygen to cells, and keeps your joints lubricated. You should know if you're not getting enough water by these clues: headaches, dry mouth, lightheadedness, extreme thirst, or little urine outtake.

Mental Your emotional health is just as important as physical health and diet. There are many ways to help improve your mental clarity: surround yourself with a positive support team, use good communication skills, avoid negative situations, and try exercising for 20 minutes every day. If you're ever beginning to feel overwhelmed, please find someone to talk to. You'll be pleasantly surprised how your overall health will improve if you're more emotionally balanced.

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