

ROADSIDEREADER

NATIONAL ASSOCIATION
OF INDEPENDENT TRUCKERS

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ADD EXERCISE INTO YOUR DAILY ROUTINE

Long-haul truck driving, a demanding profession that often involves spending long hours sitting behind the wheel, can take a toll on both physical and mental health. However, with some planning and dedication, you can incorporate exercise into your daily routine, even while on the road. This improves your health and enhances job satisfaction, making it a crucial aspect of your professional life.



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MEMBERSHIP

A COMPREHENSIVE CATALOG OF BENEFITS
TO SERVE OUR MEMBERS

HEALTH & WELLNESS

INSURANCE PROGRAM

BUSINESS TOOLS

ENTERTAINMENT & MORE



MORE INFO

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ADDING EXERCISE INTO THE DAILY ROUTINE OF LONG-HAUL TRUCK DRIVERS

Long-haul truck driving, a demanding profession that often involves spending long hours sitting behind the wheel, can take a toll on both physical and mental health. However, with some planning and dedication, you can incorporate exercise into your daily routine, even while on the road. This improves your health and enhances job satisfaction, making it a crucial aspect of your professional life.

Here are several practical tips and strategies for you to stay active and

maintain your health and fitness while navigating the highways:

Plan Ahead

Take control of your health and fitness by scheduling exercise into your daily routine like any other task. Allocate time specifically for physical activity, empowering yourself to stay active even while on the road.

Identify locations along your route where you can stop for exercise



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breaks. Look for rest areas, parks, or gyms near truck stops.

Pack appropriate workout attire and footwear to ensure you're ready for any exercise.

Exercise Options

- Bodyweight exercises are a versatile option for truck drivers. They require minimal to no equipment and can be done virtually anywhere, even in the confined space of a truck cabin. So, no

matter where you are, you can always find a way to stay active.

- Resistance bands – Carry resistance bands in your truck to add variety to your workouts. These lightweight and portable tools can be used for a full-body workout.

- Walking or jogging – Take advantage of breaks to go for a brisk walk or jog around the rest area or truck stop. Aim for at least 30 minutes of moderate-intensity aerobic activity most days of



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the week.

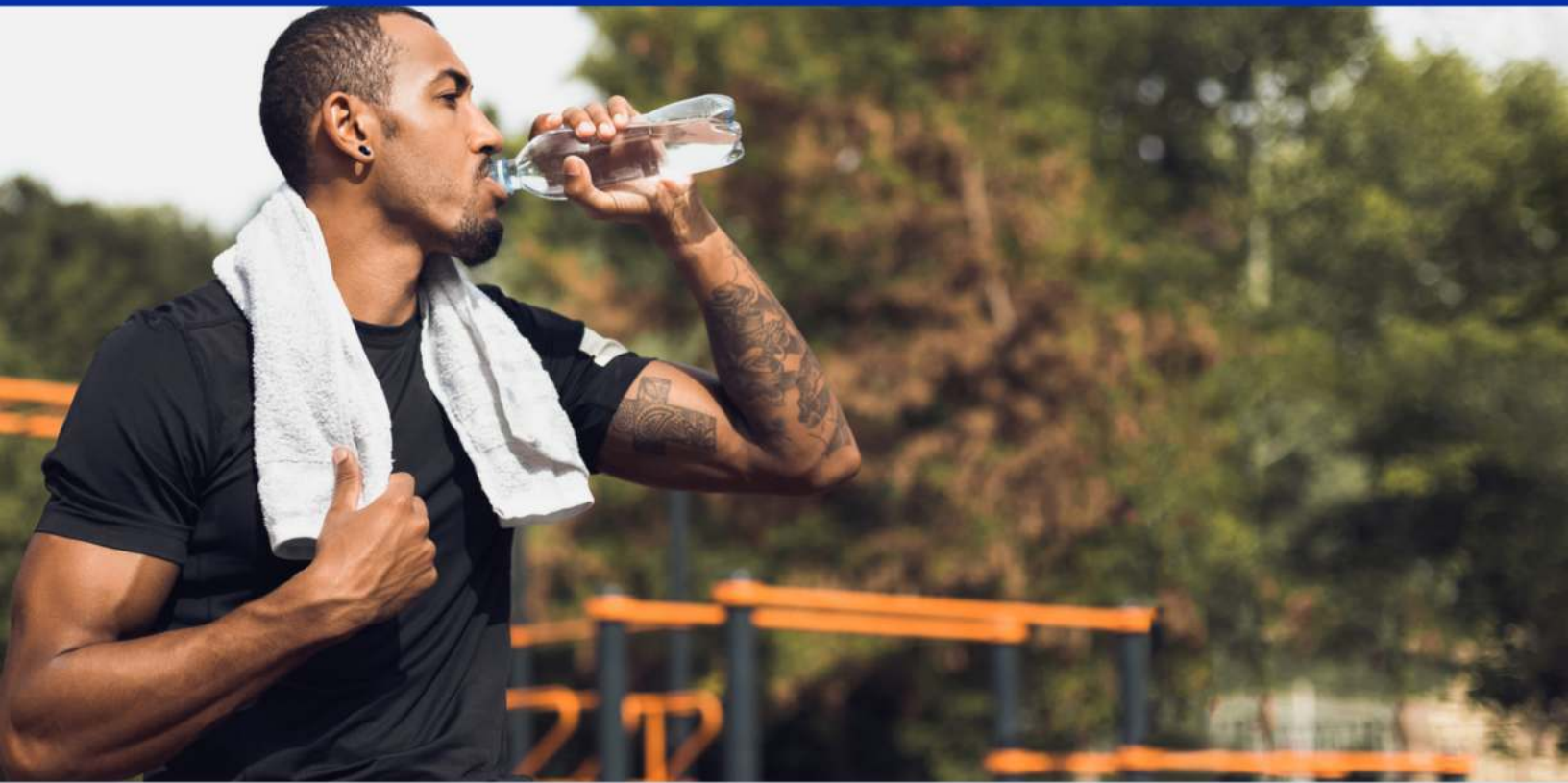
- Yoga or stretching – Practice yoga poses or stretching exercises to improve flexibility, reduce muscle stiffness, and relieve stress. Yoga can be done indoors or outdoors; many resources are available for beginners.
- High-intensity interval training (HIIT) – HIIT workouts effectively burn calories and quickly improve cardiovascular health. Perform intervals of high-intensity exercises

(e.g., jumping jacks, mountain climbers) followed by brief rest periods.

Utilize Rest Stops and Truck Stops

Take advantage of scheduled rest breaks to fit in a quick workout session. Most rest areas have open spaces where you can perform bodyweight exercises or go for a walk.

Many truck stops now offer fitness facilities or walking trails on their premises. Make use of these amenities



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during your downtime.

Look for parks or trails nearby to enjoy a scenic walk, run, or bike ride. Getting outdoors can also help improve your mood and overall well-being.

Stay Hydrated and Eat Well

Drink plenty of water throughout the day to stay hydrated, especially during physical activity. Keep a reusable water bottle in your truck, and aim to drink at least 8-10 cups of water daily.

Choose nutritious snacks and meals that provide sustained energy for long hours on the road. Opt for whole foods such as fruits, vegetables, nuts, lean protein, and whole grains.

Avoid excessive consumption of sugary drinks, fried foods, and processed snacks, which can lead to fatigue and weight gain.

Prioritize Rest and Recovery

Adequate rest and recovery are



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essential for overall health and performance. Aim for 7–9 hours of quality sleep each night to allow your body to repair and recharge.

Incorporate relaxation techniques such as deep breathing, meditation, or progressive muscle relaxation to reduce stress for a restful sleep.

Listen to your body and avoid overtraining or pushing yourself too hard, especially if you're new to exercise or recovering from an injury.

Incorporating exercise into your daily routine benefits your physical health, mental well-being, and job satisfaction. Your efforts to stay active while on the road through planning, exercise options, effectively utilizing rest stops, maintaining a healthy diet, and prioritizing rest and recovery are truly rewarding.

Even small amounts of exercise can significantly affect overall health and quality of life. Stay safe, stay active, and enjoy the journey ahead!

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TAXES
DUE!

IT'S NOT TOO LATE

E-filing is safe, simple and quick. Members get their stamped Schedule 1 through Express Truck Tax, and our owner-operator business solutions include tax prep and more!



*National Association of
Independent Truckers*

STRAWBERRY SMOOTHIE



INGREDIENTS

- 1 1/2 cups frozen strawberries
- 3/4 cup low-fat milk or unsweetened nondairy milk
- 1/4 cup low-fat plain Greek or regular yogurt
- 2 teaspoons honey or maple syrup (optional)
- 1/4 teaspoon vanilla extract

DIRECTIONS

- Place strawberries, milk, yogurt, honey (or maple syrup), and vanilla in a blender.
- Blend until smooth.



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- Chiropractic
- Dental/Vision/Hearing
- MRI and Lab Tests
- Pharmacy Discount Program
- Diabetes Care
- Vitamin Discounts
- Pet Telehealth/Vet Visit/Medicine
- ... and more!

BUSINESS SOLUTIONS

- Emergency Breakdown and Roadside Assistance
- NAIT Fuel Program
- Used Truck Purchase Program
- Computer Hardware and Software
- Form 2290 Truck Tax Assistance
- Heavy Duty Truck Parts
- Office products
- Tax Consultants/Preparation
- Mapping and Navigation App

INSURANCE COVERAGES

www.transguard.com

Comprehensive packages designed for members and families by IAT TransGuard.

Available coverages Include:

- Occupational Accident and Non-Occupational Accident
- Workers' comp for employee drivers and casual labor
- Occupational Compensation for casual labor
- Non-Trucking Liability – when your truck is used for a private passenger vehicle
- Physical Damage, including Collision Comprehensive, Glass Breakage, Towing, Rental, and Personal Contents
- Passenger Accident

EXCLUSIVE BENEFITS / DISCOUNTS

- Hotel
- Flowers and Gift Baskets
- Car Rental
- Epic Vue
- Sleep Test Mobile App



MORE INFO

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WORD SEARCH

K P I C W Q P M M K J J Z S H B E C R P G A I H U
 W O R K O U T A J O Q G F B L N W R X Y E T J H J
 X U K M H A U N C M I T F P P I L A T E S Z Q U V
 Z P N N R J F D K T M Z G X Q G L Y V W B Y A M W
 Q L L T O Z R O S S I Q T I D M H Y D R A T I O N
 Y P H A G P H H S Y P V K R E L L I P T I C A L M
 A K H I N K A Q T G U Y E L E X P O H Y W R D L I
 Y G W I I K J C B I I C H V U A P C K W G I B H U
 U C E F V T E F C U R L I N G N D Q U K C N W N J
 B S I T C A L I S T H E N I C S G M F E J C F N K
 G T G H K Z H J E X S A I J M S G E I V Y W X S U
 T N H H W U B A F I T N E S S V Y X S L D H X A H
 Z V T R A V M R Y Z B X A D T R H I R Q L P N C B
 S C S O T N E X E R C I S E A R B T U V K I E D A
 F T R I E B C P E I N J N A E R E T H R H T Z Q R
 G L A L R N B A L A N C E M R C Q N H Y U K I B B
 K M E M A V M Y Y X B E G I O N R P G M P E L B E
 D U M X I L C S O C G P E I B A U O J T N Q H A L
 N S O S I N F T G G A R I S I W L T S G H W A T L
 C C T T Y B A X Y U A R P D C E P Q R S Z F X R S
 V L T Z R O I H M Y A U D J S N W E Y I F G X R H
 A E H G R I Q L W C X C R I G Y S R S V T I F D Y
 X B W M Y F G M I K E L F C O M Z L Y M I I T E Q
 H R U N N I N G M T R Y A N C R U N C H E S O I C
 G P F V W Q L W C Y Y S Q U A T S K N A B H Q N C

- Active
- Aerobics
- Balance
- Barbells
- Calisthenics
- Cardio
- Crossfit
- Crunches
- Curling
- Elliptical

- Exercise
- Fitness
- Flexibility
- Gym
- HIIT
- Hydration
- Lunges
- Muscle
- Nutrition
- Pilates

- Plank
- Running
- Squats
- Stamina
- Strength
- Treadmill
- Water
- Weights
- Workout
- Yoga

APRIL FYI

- 1** National Sourdough Bread Day
- 4** National Burrito Day
- 8** National Zoo Lovers Day 
- 10** National Siblings Day
- 16** National Wear Your Pajamas to Work Day
- 18** National Exercise Day 
- 20** National Cheddar Fries Day
- 22** National Earth Day
- 28** National Superhero Day 
- 30** National Adopt a Shelter Pet Day

NOTABLE BIRTHDAYS

- April 3, 1961 – Eddie Murphy
- April 6, 1937 – Merle Haggard
- April 10, 1936 – John Madden
- April 12, 1947 – David Letterman
- April 16, 1889 – Charlie Chaplin
- April 21, 1926 – Queen Elizabeth II
- April 22, 1937 – Jack Nicholson
- April 24, 1942 – Barbra Streisand
- April 26, 1564 – William Shakespeare
- April 29, 1951 – Dale Earnhardt
- April 30, 1933 – Willie Nelson

DID YOU KNOW?

- April 2, 1513 – Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present-day St. Augustine, the oldest city in the continental U.S.
- April 4, 1968 – Civil Rights leader Rev. Dr. Martin Luther King Jr. was shot and killed by a sniper in Memphis, Tenn.
- April 6, 1896 – The first Olympics of the modern era was held in Athens, Greece.
- April 9, 1865 – The Civil War ended as Gen. Robert E. Lee surrendered to Gen. Ulysses S. Grant at Appomattox Court House.
- April 15, 1912 – The luxury liner Titanic, with 2,224 persons on board, sank at 2:27 a.m. after striking an iceberg just before midnight.
- April 18, 1775 – The Midnight Ride of Paul Revere and William Dawes occurred as the two men rode out of Boston about 10 p.m. to warn patriots at Lexington and Concord of the approaching British.
- April 30, 1789 – George Washington became the first U.S. President when he was administered the oath of office on the balcony of Federal Hall at the corner of Wall and Broad streets in New York.