Tips for Driving Healthy and Safely

Make your plan for keeping our roads safer

Eat Healthy

Try different exercises

Try a 15-minute power nap while at a truck stop or rest area.

Try to get 7-8 hours of sleep per night, and consider taking a 15-minute power nap while at a truck stop or rest area.

Avoid salty food, and eat lots of vegetables, fruits, and other foods high in fiber. Eat more potassium-rich foods such as bananas, avocados, spinach, and more. Keep a cooler full of nutritious foods with you.

Evaluate what exercises you can do that don't require equipment such as walking, bench presses, lunges, jumping jacks, squats, and more, and build a routine you enjoy alongside your cab.

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Make sure your prescription and over-the-counter medications aren't causing drowsiness, and schedule them appropriately.

Take your prescriptions properly

alongside your cab.

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