



# PHYSICAL HEALTH



## Did you know?

- Drivers averaging 12,000 miles per year raise their risk of obesity by 30%.

Professional drivers spend long periods sitting behind the wheel of their vehicles without any posture change. This is a significant, but often underestimated risk, as it puts more pressure on the spine than standing. The disks become compressed and may lose flexibility.

Sitting in an awkward position can cause strain on muscles, tendons and ligaments and may also increase the risk of developing ruptured disks. It is linked to a number of health problems and other health related issues, including obesity, heart problems, high blood pressure, diabetes and back pain.



### Regular exercise

improves mood and increases endorphins in the system.

Try running, swimming, cycling, weights or even just a good walk!

## Best practice tips:

- Adjust your vehicle seat. Consider such things as the height from the floor, the distance to the steering wheel, back (lumbar) support, distance to the pedals and avoid pressure on knees from the cushion and reclining too far back.
- Keep good posture when driving. Try to maintain a good driving posture but also try to move in your seat and change posture from time to time.
- Avoid leaning into the steering wheel when driving and move your shoulders and your neck when the vehicle is stationary.
- When stopped and in a safe area walk around and do some stretches.

Our lifestyles are the leading cause for being unhealthy in the long term.



### TIP 1

Driving, especially for long periods, contributes to health decline because it is a sedentary activity which can also be stressful. As you look at your weekly diary, for every journey try also planning ten minutes of activity (or more if you can) in the same week.



### TIP 2

Obesity is predominantly linked to many health conditions such as sleep apnoea, heart disease and diabetes. When we have had a long and/or stressful day we are much more likely to reach for comfort food as a coping mechanism for negative feelings. Plan, prepare and even cook a healthy evening meal in advance, measuring out sensible portions. Hard days on the mind don't have to be hard on the body.



### TIP 3

Stick to the plan! A good plan is always a good plan so don't bail on it just because you're feeling tired. Get a plan for your week and add exercise times into your calendar – don't just leave it in case you have some time left over, exercise is a priority. When you feel lethargic and tired, stick to the plan and do what you planned to do.