

FIT for the ROAD

Is coming!

Ever thought about improving your lifestyle? If you work in the log transport industry and want to learn how to

- Improve your lifestyle
- Reduce your weight
- Spend more time with your family
- Improve your fitness
- Sleep better
- Learn about your heart
- Learn more about work life balance
- Find out about sleep apnoea
- Quit smoking



Ask your Fit for the Road representative for more information...

FIT for the ROAD



Fit For The Road is a four month health and wellbeing programme aimed at helping you make healthier lifestyle choices. Each month will be an information based module with challenges and incentives delivered throughout to keep you on track to reach your goals.

Nutrition

- Breakfast
- Nutrition principles
- Portion Sizes
- Snacking
- Healthy Choices



Physical Activity

- Choices of Activity
- Team challenges
- Truck workouts
- Functional exercises
- Links with local businesses to make exercise easier



Fatigue & Work life Balance

- Sleep apnoea
- Quality and Quantity of sleep
- Sleep tips and tricks
- The bodies sleep cycle
- Work life balance



Heart Health

- How nutrition affects heart health
- How physical activity affects heart health
- How sleep affects heart health
- Your heart and your family
- Future goal setting



If you have any questions or queries feel free to contact your Fit for the Road representative.