

# Safety Bulletin

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## Start the New Year Off Right

Have you been waiting for the right time to start improving your health? Have you wanted to make small changes in your life that will keep you—and others—safe on the highway? There's no better time than at the start of a new year.

Here are seven great ways you can resolve to start 2017 off on the right foot:

- 1. Lose 10 pounds** – It may not sound like much, but studies show that losing just 10 pounds can help you significantly decrease body fat, improve your blood sugar and lower your risk for heart disease. And once you lose 10 pounds, you can always set a new goal to lose the next 10.
- 2. Work out for 15 minutes** – Whether you're jogging around your truck, jumping rope at a rest stop or hitting the gym, exercising for just 15 minutes can reduce your risk for cancer and heart disease. Studies also show it can help increase your lifespan.
- 3. Wear that seat belt** – Remember that commercial motor vehicle (CMV) drivers and passengers are required by law to wear safety belts. Buckling up is an easy—and smart—choice.
- 4. Swap soda for water** – Water helps to keep you hydrated, while soda can dehydrate you. Also, water is zero calories, which means you'll lose weight too. And while some diet sodas are also zero-calorie, studies show they still cause weight-gain in some people.
- 5. Sleep better** – Experts recommend adults get seven-to-nine hours of sleep each night, so do everything you can to get a proper amount of sleep. If you wake up often during the night, feel drowsy after sleep or if you snore, you may be at risk for obstructive sleep apnea, which means you stop breathing while you sleep. If it's a concern, make a doctor's appointment and get a prescription for a sleep study.
- 6. Stay focused on the road** – Eating and drinking while driving can be distracting, and texting is illegal. The average driver who texts takes his eyes off the road for 4.6 seconds. At 55 MPH, that means you've traveled the length of a football field. So, if you use a cell phone, make sure you use a hands-free device or headsets, and that you use voice-activated commands.
- 7. Take extra time for pre-trip inspections** – Budget at least 30 minutes before you leave on your route. Doing so will ensure you don't miss easy-to-overlook items, such as a cracked reflector or a poorly-stocked emergency kit.

