



Welcome to the May 2015 Edition of the Health and Safety Newsletter. We hope everyone is enjoying the better weather and is gearing up for a safe and healthy summer! This month we offer some fast food tips for our drivers out on the road, we list some great walking tips (especially relevant since we also started our Walking Club again this month), we share a great story about a local boy scout that is sure to make you proud, plus Wayne proves he's more than just about bacon and deep frying by giving us a great recipe. Have a great month everyone!

MAKING BETTER FAST FOOD CHOICES: 5 HEALTHIER ALTERNATIVES

It's easy to preach healthy eating as THE solution to common health issues many in the trucking industry face like obesity and diabetes. Unfortunately, it is pretty unrealistic (and very difficult) to completely avoid grabbing fast food on the run. After all, with the crazy schedules and frequent lack of other options, the only truly viable solution is to replace the bad stuff with some of the more sensible options. So, if you have no other choice but to reach for the fast food, at least choose the most nutritious options. Here's a quick rundown on some of the smartest menu options at some of the nation's most popular restaurant chains:

McDonald's - Premium Grilled Chicken Classic Sandwich

Calories - 350, Total Fat - 9g, Carbs - 42g, Protein - 28g, Sodium - 820mg

Although the typical "go-to" healthy option is a salad, I would recommend ordering the grilled chicken classic sandwich instead at McDonald's. It's more filling, offers a good amount of protein, and is portable. Pair it with some fruit and a black coffee for a complete meal from Mickey D's that you don't have to feel guilty about. In fact, you'll be lovin' it.

Subway - Sweet Onion Chicken Teriyaki 6" Sub

Calories - 370, Total Fat - 4.5g, Carbs - 57g, Protein - 25g, Sodium - 770mg

For a great lunch option without sacrificing flavor, consider choosing the sweet onion teriyaki sub. Just choose the half-foot option! The fat content is extremely low and there's no fat in the tasty sauce (oh, and definitely avoid buying that bag of chips or cookie in the checkout line). Hey, if that Jared guy can diet with Subway, why can't you?

Burger King - Whopper Jr.

Calories - 350, Total Fat - 21g, Carbs - 28g, Protein - 12g, Sodium - 640mg





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A flame-broiled classic, the Whopper Jr. with cheese packs less than 400 calories. On the side you can also add a small salad and some juice. There's no reason you can't eat like a king every once and a while when you're watching your eating.

Starbucks - Tall Cafe Americano

Calories – 15, Total Fat - 0g, Carbs - 3g, Protein - 1g

Caffeine is a trucker's best friend. But, believe it or not, all those fancy caffeinated beverages can add up in the calories. Instead of drinking up all that sugar and calories, stick to a classic like a tall caffè Americano—which is essentially just a plain black coffee in Starbucks language. Although in all honesty, there are way cheaper places to get that cup-o-joe fix anyway.

Taco Bell - Fresno Style Bean Burrito

Calories – 330, Total Fat - 7g, Carbs - 39g, Protein - 28g, Sodium - 1,120mg

Thinking outside the bun? Try the Fresno style bean burrito. It's only 330 calories and can be an afternoon snack. But, with this item, you should still be cautious if you're on a low-sodium diet.

General fast-food rules to live by:

- Avoid fried sides (AKA fries and onion rings)
- Don't drink your calories (forego milkshakes, sugary coffee drinks, and soda)
- Beware of condiments in calories! Adding that extra BBQ sauce can also add a bunch of hidden calories to your meal!

Being healthy can be difficult at times. But, one of the most important things you can do is plan for the best—but prepare for the worst. So next time you find yourself with no other choice but to fuel your hunger with some drive-thru dinner—just think about it differently. Making smarter choices is easy and you don't necessarily need to sacrifice time or energy to stick to your diet.





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WALKING TIPS

For truck drivers back pains and lower extremity soreness cannot be ignored. In fact a recent issue of Trucker News noted that when a trucker is depressed, 5% could be directly related to lack of exercise.

Here is a list of 4 quick walking tips you can use to get some added benefits from a short work out. Using these techniques can promote wellness and will certainly make you feel better after a long haul.

There is no denying it, professional truck drivers and the like could use some stretching after driving the kind of miles their profession demands.

- First, warm up. Then stretch out a little. You can do this by walking for just seven to ten minutes. Time it if you need to. Then do a few more stretches. At this point you're probably good and warm.
- Now, start walking. Make sure to take short and quick steps. By taking short, quick steps, rather than long strides, you will work your gluteus muscles (in your buttocks) as you walk for over an increased distance.
- Next, as you are walking point your head up slightly, tilt your shoulders back and lead with your chest. This is basically trying to put you into that perfect posture position. Now hold this position while you walk.
- Finally squeeze your buttocks or gluteus muscles. While you're walking you should feel as though your buttocks are partly flexed. This will take practice to do for extended periods of time.

That is it. After a long drive get out and stretch your legs. This will promote wellness and if you can do it often, it will help you become a healthier, stronger you!

WALKING CLUB 2015

Once again we have kicked off our always popular daily Walking Club. From now until the end of July, we encourage all employees to get out for a daily 30 minute walk. Our program is built on the simple idea of "Can you limit your current daily activities to 23 ½ hours and commit to 30 minutes of simple exercise?"

Watch this video http://www.youtube.com/watch?feature=player_embedded&v=aUaInS6HIGo and you will be convinced. A short 30 minute walk during the day has proven to deliver many health benefits. Your fellow employees that have participated in the past have quit smoking, increased their strength, energy and stamina, and lost weight, just to name a few of the benefits. Contact one of the H&S Committee member or shoot us an email to healthandsafety@vtlg.com for all the details!



RECIPE OF THE MONTH

One Pan Mexican Quinoa

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapenos, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves



Instructions

- Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
- Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
- Serve immediately.

COOL STORY – VEDDER TRANSPORT LTD. – BOY SCOUT 18 WHEELER EVENT

Myles Kerkhoff is a young fellow from the Chilliwack area and an active member of the local Boy Scouts. Each year the Boy Scouts host an annual hand crafted model 18 wheeler race/show and shine event. This year Myles contacted Daron Findlay and asked for permission for him and his grandpa to replicate a Vedder Transport truck and tanker. Of course, the company enthusiastically agreed and offered any support they may need. So off went Myles and his grandpa to construct their model version. You will see from the picture that it is hand crafted – split into two pieces – hollowed out and put back together, finished off with some awesome Big Rig decals. We are proud and honored to say that Myles took 1st Place Overall in the show and shine for Top Design and came in 3rd place in the actual race! Direct quote from Fred: “Personally, I think it’s cool and I am humbled knowing the kind of impact our companies make within the communities we do business in each day, as Myles’ initiative is an example of how people view our company!”

