



Hello and welcome to the June Newsletter! Where has the time gone? Weather has been stunning thus far, our Walking Club is well under way Rain or Shine but it is looking like the “shine” is more prevalent!! Sabrina has some great tips this month for everyone, drivers and employees alike, and I found a super yummy recipe to try. Summer holidays are starting so here is to family time and beautiful weather ahead. Be safe!!



We are having a Safety BBQ under the tent in Abbotsford with Jake’s Famous Burgers and Dogs to end out the Carriers Edge quarter for this past 3 month period, Thurs June 18th and Friday June 19th from 11am til 3pm. We will be offering out this quarter high vis lime green shirts. We are working on having some safety demonstrations as well those days! So be sure to come by grab a burger and T- Shirt.

Dealing with Truck Driver Neck Pain

Truck driver neck pain is....well, a PAIN! Driving for hours on end can be brutal on a truck driver’s back, shoulders and especially neck. As we all know, there’s nothing worse than a pain in the neck that just won’t go away. When it comes to truck driver neck pain, the best solution is some simple stretching. When truck drivers have tight muscles it begins to restrict how far joints are able to be moved. For example, if I have really tight shoulder then it will restrict how far I can put my arm behind my back. When truck drivers have neck pain, it will restrict how far the neck can be moved from side to side. As any truck driver who has ever had a sore neck knows, it doesn’t take much pain to quickly realize how much you rely on being able to turn your head left and right and up and down. This is especially true when checking mirrors and doing head checks. Trucker Neck Pain Problems. As well as limiting range of motion, truck driver neck pain and tight neck muscles can also lead to headaches and migraines. This is no fun...especially when there’s a day full of driving ahead. For this reason, truck drivers must do neck stretches regularly to make sure things are not getting too tight. By stretching a tight muscle, tension can be relieved resulting in a looser, more mobile muscle.

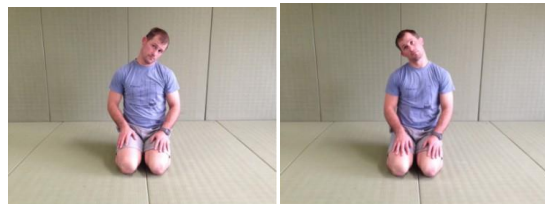
Here are **4 super easy neck stretches to reduce truck driver neck pain**. Each of these also couples as a neck strengthening exercise. These can easily be done in the cab of a truck or just outside of the truck. For best results spend 2-3 minutes doing these each day to ensure your neck is relaxed and not carrying much tension. The key to these stretches is to target all directions, side to side and up and down.



Neck Stretch 1 - this is one of my favorite neck stretches. Simply point as far as you can with your right hand as your head drops to the left. Try and keep your hand at the ninety-degree mark for the best results.



Up & Down Stretch - simply pull your head downwards or upwards and hold for 15-30 seconds.



Side to Side Stretch - move your head side to side and in circles. Sometimes lead with your chin instead of your head. This is a great way to stretch your neck. **Side Pushes** - simply push your head on one side and slightly push back with your neck muscles. Go slow with this one and take your time. This is a great way to strengthen your neck as well.





8 Summer Steps for Healthy Living

Improve your health with steps so simple you'll barely notice the effort.

SUMMER HEALTH TIPS

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

- 1. Give Your Diet a Berry Boost** If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.
- 2. Get Dirty -- and Stress Less** To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.
- 3. Floss Daily** You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.
- 4. Get Outside to Exercise** Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts. And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.
- 5. Be Good to Your Eyes** To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.





6. Vacation Time! Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons). A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

8. Sleep Well Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're -- shhhh -- good for you

To Eat Less, Eat More

Grabbing a 100-calorie snack pack of cookies or pretzels may seem virtuous, but it's more likely to make you hungrier than if you ate something more substantial, says Amy Goodson, RD, dietitian for Texas Health Ben Hogan Sports Medicine. "Eating small amounts of carbohydrates does nothing but spike your blood sugar and leave you wanting more carbs." Goodson recommends choosing a protein such as peanut butter or string cheese with an apple. "They are higher in calories per serving, but the protein and fat helps you get full faster and stay full longer—and you end up eating fewer calories overall," she says.





Asian Sesame Noodle-Chicken Salad

No need to get a specialty sauce or noodles to make this Asian-style chicken salad. We used toasted sesame dressing and spaghetti—worked like a charm. **PREP:** 0 hr(s). 30 min / **Total:** 0 hr(s). 30 min

What you need

- [] 220 g spaghetti, uncooked
- [] 2 cups loosely packed baby spinach leaves
- [] 1/2 lb. (225 g) boneless skinless chicken breasts, cooked, sliced
- [] 1 red pepper, cut into thin strips
- [] 1 can (14 fl oz/398 mL) pineapple tidbits, drained
- [] 1/4 cup chopped fresh cilantro
- [] 2 Tbsp. chopped dry roasted peanuts
- [] 2 Tbsp. sunflower kernels
- [] 1/2 cup *Kraft* Asian Sesame Dressing

Make It

- Cook spaghetti as directed on package, omitting salt; drain. Transfer to large bowl; cool slightly.
- Combine spaghetti with remaining ingredients except dressing.
- Add dressing; mix lightly.
- **SPECIAL EXTRA** Stir in 2 sliced green onions with the red peppers.