

EAT
STRETCH
MOVE

Pilot® *FLYING* 

Know your ABCs

We understand that being a driver is demanding. It keeps you on the go constantly. The pressure and pace can wear you down. And while you know that exercise will make you feel better, there simply isn't enough time. At least, not for the type of exercise you may be used to: the hour in the gym, the basketball league, the daily run. So you need a smarter workout: **exercise that lets you do more, in less time**, anywhere you are. A routine that's simple, and designed for health—not hardbodies—so even if you haven't worked out in a while, you can start today.

It all starts with "Knowing your ABCs." The Pilot Flying J fitness philosophy is designed to make you feel better, not just look better. It's a series of exercise basics for real people who simply want to feel healthier, happier and be more energized. The ABCs of functional fitness include movements that target **A**bove the waist, **B**elow the waist, **C**ardio and **S**tretching. These workouts can be done:

- with little or no equipment
- in your home or truck
- with minimal space
- in usually 30 minutes or less

Because starting is always the hardest part, we created this booklet to help you. By doing a few movements with the ABCs, you begin to tap into more energy and productivity; to set an example for your team, and feel better in your skin. And we'll keep working to improve it—any thoughts you have, please send them along—so that we're all working together toward better health.

Pilot Flying J



Index

	HOW TO.....	1
A	[PUSH UPS.....	2
	TRICEP DIPS.....	3
B	[LUNGES.....	4
	LUNGES.....	5
	SQUAT.....	6
C	[MOUNTAIN CLIMBERS.....	7
	JUMPING JACKS.....	8
S	[FORWARD STRETCH.....	9
	OVERHEAD REACH.....	10
	HEALTHY FACTS.....	11

Mind

As a professional driver, your job is hard, physically and mentally. It is very important that you keep yourself mentally sharp on the road.

Power begins in your mind as you make a decision and find the motivation to stick to it. To stay healthy for life, you have to learn to master your mind.

"Every day, I am becoming healthy for the one's I love. Winner's do every day what other's do occasionally."

Mouth

Fueling yourself with healthy food and beverages will help you feel better and stay safe while on the road.

Food is the fuel that powers our body. The best way to control your weight is to manage your mouth.

"I understand that food is fuel."

"I have a personal daily food requirement just like my truck."

"I am learning to enjoy the 3 F's at every meal; fluid, filler, feast."



Muscle & Movement

How to: READING FIT CARDS

Ability levels with
suggested times

Stretch Name

PUSH UPS

Body Segment
Targeted

ABOVE WAIST

:10
BEG

:20
INT

:30
ADV

Stretch
Position



Stretch
Description

- Place hands shoulder-width apart on pad/step
- Keeping body straight, lower chest to truck step
- Return to starting position

Push Ups

ABOVE WAIST

:10
BEG

:20
INT

:30
ADV



- Place hands shoulder-width apart on pad/step
- Keeping body straight, lower chest to truck step
- Return to starting position

Tricep Dips

ABOVE WAIST

:10
BEG

:20
INT

:30
ADV



- Place palms behind you on truck step or other flat surface
- Lower upper body until triceps are parallel to floor
- Return to starting position

Lunges

BELOW WAIST

:10
BEG

:20
INT

:30
ADV



- Stand with feet shoulder-width apart and hands on hips
- Step forward and lower body until thigh is parallel to floor
- Step back and return to starting position
- Switch legs and repeat
- Every other lunge equals one repetition

Tip: Do not allow knee to go forward of toe or touch the ground
May use the truck to make lunge harder for support

Lunges

BELOW WAIST

:10
BEG

:20
INT

:30
ADV



- Stand with feet shoulder-width apart and hands on hips
- Step forward and lower body until thigh is parallel to floor
- Step back and return to starting position
- Switch legs and repeat
- Every other lunge equals one repetition

Tip: Do not allow knee to go forward of toe or touch the ground
May use the truck to make lunge harder for support

Squat

BELOW WAIST

:10
BEG

:20
INT

:30
ADV



- Stand with feet parallel and shoulder-width apart
- Tighten your midsection and keep it that way during the movement
- As you squat, raise arms straight out in front for balance
- Keep your weight back on your heels, continue to squat down until thighs are parallel to floor
- Return to starting position

Tip: Do not allow knees to go forward of toes

May use truck step for assistance

Mountain Climbers

CARDIO

:10
BEG

:20
INT

:30
ADV



- Begin in standard push up position with hands on the truck
 - Rapidly alternate knees to chest (upper body remains still)
 - Legs should move as if running in place
 - Every other knee to chest equals one repetition
- Tip: Keep head aligned with back and look straight ahead

Jumping Jacks

CARDIO

:10
BEG

:20
INT

:30
ADV



- Jump up, spread legs and touch hands over head
- Jump again and return to starting position
- Each time hands touch equals one repetition

Forward Stretch

STRETCHING

:10
BEG

:20
INT

:30
ADV



- Stand with your legs firm
- Raise arms overhead - interlocked
- Without locking knees bend forward

Overhead Reach

STRETCHING

:10
BEG

:20
INT

:30
ADV



- Stand with your legs firm
- Raise arms overhead - interlocked
- Without locking knees bend forward

The use and disbursement of this booklet, Eat Stretch Move ("Booklet"), is for the sole benefit of the reader/participant. The use of all or any part of this Booklet is entirely voluntary, done at your own risk and on your own time.

Pilot Flying J advises and strongly recommends that all persons embarking upon a fitness or exercise program first consult with his/her physician prior to participating in any such program, including the exercises detailed in this Booklet, and abide by any limitations set by his/her physician. **IF YOU ARE NOT PHYSICALLY FIT OR ARE AWARE OF ANY PHYSICAL CONDITIONS YOU MAY HAVE, DO NOT USE THESE EXERCISES AS YOU MAY BE A DANGER TO YOURSELF OR OTHERS.**

Reader/participant further understands and acknowledges by participating in the exercises contained herein that there are certain inherent risks, including the risk of death or serious personal injury and the reader/participant agrees to assume all such risks, as well as any other risks involved in participating in or performing the exercises detailed and/or described in the Booklet. Reader/participant also agrees, on behalf of himself/herself, his/her heirs, beneficiaries, executors, and administrators, to release and discharge Pilot Flying J, and all of its subsidiaries, employees, agents and representatives, as well as all other persons, corporations or other entities (the "Released Parties"), from and against any and all damages, actions, claims and liabilities, whether known or unknown, anticipated or unanticipated, suspected, relating to or arising from any activity, occurrence or event involving his/her participation in or performing of the exercises detailed and/or described in the Booklet.

Pilot® **FLYING** ®

Pilot® *FLYING* ®