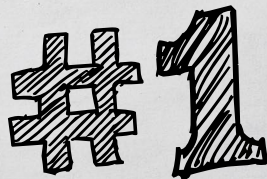


# KEEP ON TRUCKING

## HOW TO STAY HEALTHY ON THE ROAD

When we travel, it's easy to leave all aspects of staying healthy back at the house, as we prepare for the call of the open road. It's challenging to keep up a healthy lifestyle, but all it takes is a little bit of planning.

We surveyed Atlas Professional Van Operators (PVOs) for their travel preferences and came up with these tips to help you keep on trucking.



## HAVE SOME SPOTS IN MIND

Do a little homework to find grocery stores and rest stops along your route.



Walmart



Sam's Club

OUR PVOs' FAVORITE GROCERY STORES



BEST REST STOPS



FLYING J

Pilot

DID YOU KNOW  
SMALL BREAKS  
EVERY TWO HOURS  
CAN HELP BOOST YOUR ENERGY  
AND GET YOUR BLOOD  
FLOWING PROPERLY?

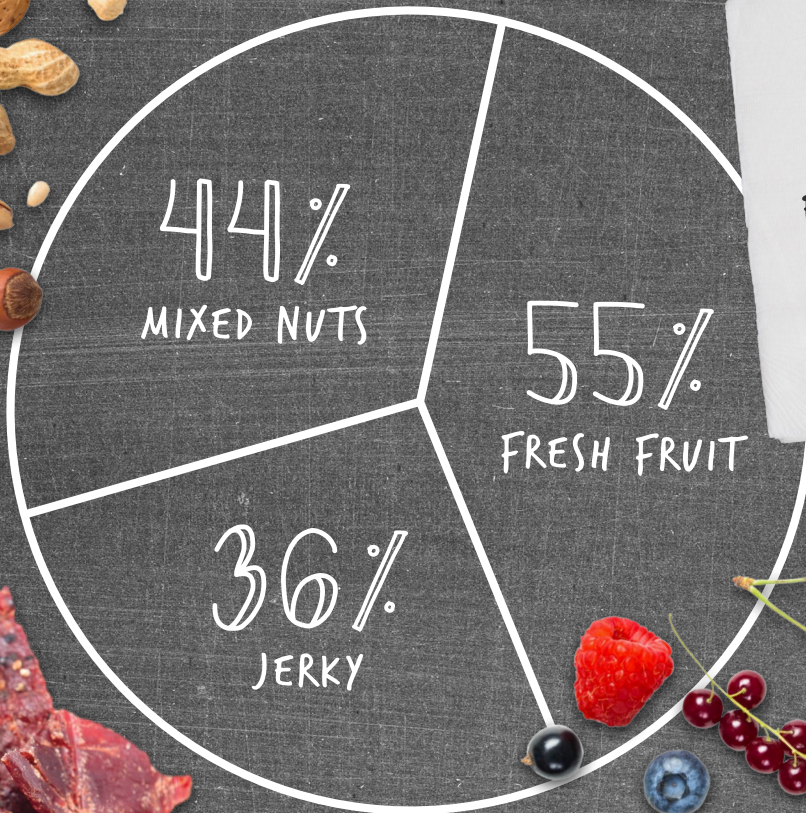
# KEEP ON TRUCKING

HOW TO STAY HEALTHY ON THE ROAD

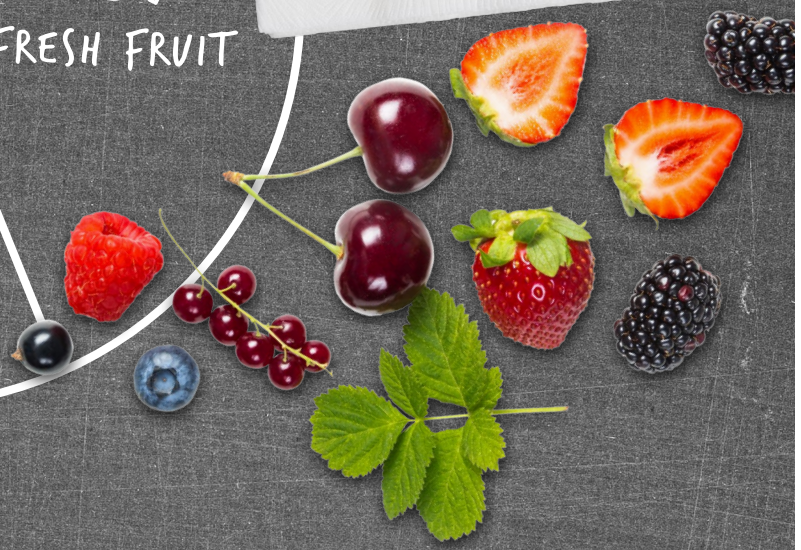
## #2 CHOOSE THE LESSER EVIL

Eating healthy snacks throughout the trip will help cut down on large meal portions.

THESE ARE THE SNACKS PREFERRED BY ATLAS PVOS.



57 PERCENT OF ATLAS PVOS SAID EATING RIGHT IS THE MOST DIFFICULT PART ABOUT BEING ON THE ROAD.



# KEEP ON TRUCKING

HOW TO STAY HEALTHY ON THE ROAD

## #3

### GET YOUR BLOOD FLOWING

Not having equipment shouldn't be an excuse! Take a quick 15 minute jog or a fast pace walk when you can...or do as our Atlas PVOs do and lift some boxes.

HOW DO OUR ATLAS PVOs EXERCISE ON THE ROAD?

78%

MOVE FURNITURE

31%

RUN OR WALK AT TRUCK STOPS



## #4

### DON'T FORGET TO SLEEP

Sleeping is not only vital to your health and safety, but the safety of others on the road. Aim for 7-9 hours of sleep per night. If you get tired while driving, find a rest stop and take a 15 minute nap.

ATLAS PVOs' FAVORITE HOTEL CHAINS



# KEEP ON TRUCKING

HOW TO STAY HEALTHY ON THE ROAD

## #5

## STOP & TAKE IN THE VIEW

Mountains, historical sights, beaches, museums and city skylines are some of Atlas PVOs' favorite spots to check out.



**NOW, GET OUT THERE AND GO NEW PLACES®.**

Want more? See the entire Survey Results Online at:

[atlasvanlines.com/relocation-surveys/king-of-the-road](https://atlasvanlines.com/relocation-surveys/king-of-the-road)

Source: King Of The Road Surveys

[atlasvanlines.com](https://atlasvanlines.com)

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