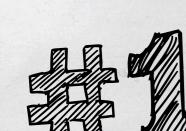
## KEEP ON TRUCKING

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 > FAVORITE GRO(ERY STORES





Sam's Club

BEST REST STOPS



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



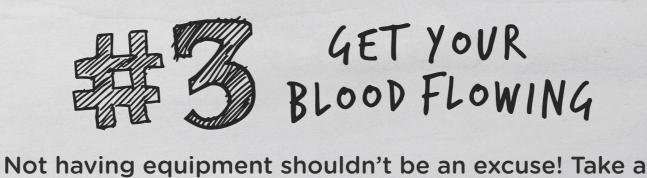
(HOOSE THE LESSER EVIL Eating healthy snacks throughout the trip will help cut down on large meal portions.

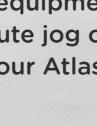
THESE ARE THE SNACKS PREFERRED BY ATLAS PVOS.



55% FRESH FRUIT







quick 15 minute jog or a fast pace walk when you can... or do as our Atlas PVOs do and lift some boxes.

GET YOUR

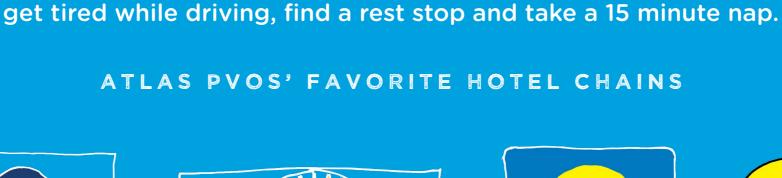
BLOOD FLOWING

HOW DO OUR ATLAS PVOS

MOVE FURNITURE

AT TRU(K STOPS

RUN OR WALK



ATLAS PVOS' FAVORITE HOTEL CHAINS

DON'T FORGET TO SLEEP



Mountains, historical sights, beaches, museums and city

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





STOP & TAKE IN THE VIEW

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

Source: King Of The Road Surveys atlasvanlines.com

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