

February 1, 2016

**Let UCT PRIME
Help You****Begin an Exercise Regimen**

Before beginning an exercise regimen, check with your healthcare provider. Generally, you should seek medical advice before engaging in exercise if you have any of the following:

- Heart Disease
- Asthma or lung disease
- Diabetes or kidney disease
- Arthritis

If you have not been diagnosed with chronic health conditions, but experience any of the following symptoms, you should consult with a healthcare provider as well:

- Pain/discomfort in your chest, neck, jaw or arms during physical activity.
- Dizziness or fainting with exercise or exertion
- Shortness of breath with mild exertion, at rest, or when lying down or going to bed
- Ankle swelling, especially at night
- A rapid or pronounced heartbeat
- A heart murmur that your doctor has previously diagnosed
- Lower leg pain when you walk, which goes away with rest

At UCT, the nurse practitioners can help determine if you are healthy enough to begin an exercise regimen. We will collect your health history, discuss limitations to your fitness goals, and perform a head to toe physical.

With UCT PRIME, we can work with you to improve your fitness and start you on the “road to better health”.

Exercise – The Prescription for Fitness

By Fantasia Harris, FNP – Dallas, TX

According to the Miriam Webster Dictionary, exercise is defined as activity requiring physical effort, carried out especially to sustain or improve health and fitness. Most people of all ages benefit from a moderate amount of exercise. Most exercise recommendations are based on the **FITT** Formula: **F**requency (how often), **I**ntensity (how hard), **T**ime (how long), and **T**ype (what method). Generally, to get the most benefit one should aim for 30 to 60 minutes of moderate exercise three to five times a week.

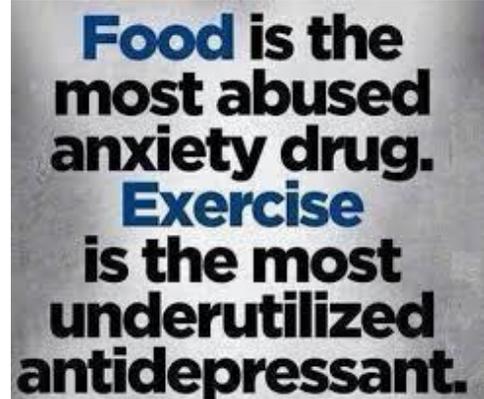
Engaging in moderate-intensity physical activity regularly has a number of health benefits, including:

- Strengthens the cardiovascular system
- Controls blood pressure and blood sugars
- Improves mood and energy
- Builds strong bones and lean muscle
- Reduces stress levels
- Improves sleep

Since exercise offers so many health benefits, it is a powerful tool in controlling conditions that can impact the outcome of your DOT physical.

When starting an exercise regimen, consider your personal health goals. It may seem daunting to set goals but it can be crucial to your

success. The more specific your goal is the better. A goal of just “losing weight” or “exercising more” is very vague. Instead, be explicit about what you are wanting to accomplish. Be realistic in setting your fitness goals. Often times, it is huge set up for failure and can be extremely discouraging when we set goals that are unpractical. If your goal is to lose weight and you are relatively sedentary (meaning somewhat inactive) then start with making efforts to increase physical activity in your daily tasks. For example, park further back in a parking lot and walk to your destination or take the stairs instead of the elevator.



**Food is the
most abused
anxiety drug.
Exercise
is the most
underutilized
antidepressant.**

UCT PRIME: **Member Benefits**

UCT PRIME provides drivers with discounted DOT Physicals and Medical Visits, and companies with a no-cost benefits program to help improve driver retention.

UCT PRIME Corporate rates/programs are available. Below are the program details for walk-in patients.

UCT PRIME costs \$50/year and provides the following benefits to members:

- FIRST DOT Physical is only \$40 or FIRST Medical Visit is only \$75
- Up to 30% discount (off UCT Clinic prices) on future Medical Visits and DOT Physicals.
- Family Plans also available

With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, **UCT PRIME** addresses the need for affordable medical services. To enroll or request additional information about UCT PRIME, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com.

For truckers, it can be very difficult to find physical activities favorable to being over the road. In this case, you have to learn to be resourceful to find ways to accomplish your fitness goals. When fueling, walk in the store instead of paying at the pump. If you're on a layover or in between loads, try walking around the truck parking lot for 30-45 minutes.

There are also options on the market to facilitate exercise without going to a gym or even leaving your truck. Consider exercises like sit-ups, abdominal crunches, or squats. Strength training is important to any exercise regimen as it builds lean muscle to promote more calories burned throughout the day.

Considering that it takes 3,500 calories to lose one pound, resistance bands, dumbbells, or kettle bells are also great options for tight spaces like truck cabs. If finding time is an issue, then shorter bursts of activity can be beneficial as well.

Three 10-minute sessions or two 15-minute can still be useful to increase cardiovascular endurance, however, it is recommended to perform exercise in continuous 30-45 minute sessions. Invest in an activity tracker to monitor data such as steps, exercise, and heart rate, calories, etc. This helps to track your progress often and can be a form of healthy motivation.

Making the time to include exercise in your daily routine is important to your health, but for the trucker, it can be essential to your long-term career goals as well.

"When it comes to eating right and exercising, there is no I'll start tomorrow. Tomorrow is disease."

~Terri Guillemets

About UrgentCareTravel

UrgentCareTravel, a network of medical clinics for truckers, is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea testing, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

Knoxville, TN

7200 Strawberry Plains Pike
Knoxville, TN 37914
(865) 329-9492

Oklahoma City, OK

406 South Morgan Road
Oklahoma City, OK 73128
(405) 789-0212

Atlanta, GA Metro Area

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Cartersville, GA 30120
(770) 386-0707

Dallas, TX

7383 Bonnie View Road
Dallas, TX 75241
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