

# 5 PILLARS

## TO TAKE BACK YOUR HEALTH



### STABILIZE BLOOD SUGAR

- ✓ Eat real food, focus on protein
- ✓ Avoid spikes and afternoon crashes
- ✓ Reduce cravings naturally



### STOP RUNNING ON EMERGENCY FUEL

- ✓ Ditch constant caffeine and sugar
- ✓ Fuel your body with nourishment
- ✓ Build sustainable, all-day energy



### REBUILD MINERALS

- ✓ Replace minerals lost through stress & sweat
- ✓ Hydrate with electrolytes
- ✓ Boost energy, clarity and recovery



### PRIORITIZE SLEEP

- ✓ Support deep, quality sleep
- ✓ Create a simple nighttime routine
- ✓ Wake up restored, not exhausted



### CALM THE NERVOUS SYSTEM

- ✓ Take breaks to lower stress
- ✓ Walk, breathe, get sunlight
- ✓ Shift out of fight-or-flight mode

THE GOAL ISN'T  
JUST SURVIVING  
ON THE ROAD.

THE GOAL IS  
TO FEEL  
STRONG  
ENOUGH TO  
ENJOY LIFE ON  
THE ROAD.

**LET'S TRUCK**