

Mayo Clinic Minute

Highway health

Video	Audio
Vivien Williams	Truck drivers spend up to 10 hours a day on the road.
	(sound)
Clayton Cowl, M.D. Preventive, Occupational and Aerospace Medicine Mayo Clinic	“Drivers, by nature of the work they do, are sedentary. They sit for long periods of time during the day.”
Vivien Williams	Mayo Clinic Dr. Clayton Cowl says all of that sitting puts truckers at risk of certain health issues. Obesity, diabetes, high blood pressure, and excessive sleepiness. But it’s not just professional drivers who need to pay attention to health during long hauls.
Clayton Cowl, M.D.	“Any driver on the road needs to remember that ...”
	... there are ways to keep your safer and healthier on the road.
Clayton Cowl, M.D.	“One of the key things is dietary choices.”
Vivien Williams <ul style="list-style-type: none">•	Opt for healthy foods. If you’re tired, stop, rest and stretch. Avoid distractions, such as texting, tuning the radio, using a cellphone or eating while driving. And pay attention to other drivers sharing the road. And, of course, buckle up. Important advice to help keep your road trips safe. For the Mayo Clinic News Network, I’m Vivien Williams.