

TRUCKERS' GEAR GUIDE

JAN-FEB 2024



HIGHWAY TO HEALTH



ACHIEVABLE FITNESS TIPS

By Hope Zvara – Mother Trucker Yoga



GRILLED CHEESE & BUTTERNUT SQUASH BISQUE

By Brandon Bishop, ASYTV



TRUCK COOKING TIPS

By Jeremy and Tiffany Wallin

FIRST GEAR for New CDL Drivers



2024 OUTLOOK PRODUCT UPDATE



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NEW DRIVER TIPS

The RoadPro Pro Driver Council

FIRST GEAR for New CDL Drivers



2024 OUTLOOK PRODUCT UPDATE



SILENCE THE ROAD



**Best-in-class
Active Noise Cancellation**
removes ambient noises
BlueParrott B650-XT

2 HEADSETS IN 1



Convertible for
mono & stereo sound
BlueParrott S650-XT

GARMIN®

GARMIN®

TRUCKING SIMPLIFIED

New dēzl™ OTR trucking navigators



GARMIN®

SIMPLIFY TRUCKING THE GARMIN® WAY

Always use single-ear headset while driving

Driving a truck is one of the most demanding jobs in the world, but having the right tools can make your time behind the wheel much less stressful. With the goal of easing the burden for the hardest-working people in the world, Garmin® has developed a comprehensive assortment of trucking products. From reliable GPS navigators to dash cams, headsets, smartwatches, and more, these products work seamlessly together to help you truck smarter, healthier, and more efficiently.

dēzl OTR navigation

Garmin's flagship trucking navigation series features large, high-definition touchscreen displays up to 10". The latest models introduced enhanced arrival planning with satellite imagery, so you can see high-resolution aerial views of truck entrances, security gates, and loading dock destinations. Drivers can utilize custom routing based on the size and weight of their rig (not available in all regions; always defer to posted road signs) and increase awareness, with road warnings for potential hazards along the route.

dēzl Headsets

Purpose-built for truck drivers, Garmin's premium headsets are engineered for audio excellence in noisy cab environments. Whether on duty or at a rest stop, drivers can benefit from these wireless headsets which provide crystal clear audio, active noise cancellation, and up to 50 hours of continuous Bluetooth talk time to endure long days and nights on the road. Use a dēzl headset with a dēzl OTR navigator so routing prompts can seamlessly blend into your audio stream and voice commands can be heard through your headset to control your navigator.

Instinct 2 – dēzl Edition smartwatch

Truck driver health is important. This Garmin® smartwatch monitors health and wellness around the clock by tracking

heart rate, stress levels, sleep monitoring and more. It also adds convenience to your day by displaying reward point balances and provides access to member loyalty programs from select leading travel plazas. With an active PrePass® account, you can receive on-screen PrePass® notifications for upcoming weigh stations and bypass decisions. The watch also pairs with dēzl OTR series navigators to view break planning timers and health metrics on both the navigator and the smartwatch.

Dash Cam Live

Perhaps no single tool can be more valuable for a professional trucker looking to protect their driving record than a dash cam (jurisdiction restrictions apply). Garmin's newest installment in its robust lineup is Dash Cam Live – the always-on LTE dash cam – which can serve as an eyewitness, giving you immediate proof should you ever be involved in an accident. Your saved video clips are automatically stored for you in an app on your smartphone, making it quick and easy to share important videos. With an LTE subscription, it can also show a live view from the dash cam to your phone via the Garmin® Drive smartphone app.

Garmin® eLog Compliant ELD

Looking for a way to log your hours automatically? Easy to install with a one-time purchase and no subscription fees, the Garmin® eLog is an hours-of-service (HOS) electronic logging device designed to prepare HOS records of duty status (RODS).

To learn more about Garmin's full line of trucking-specific products, visit garmin.com/dezl or a travel center near you. Please note: Some features require a connection to the Garmin dēzl app on your compatible smartphone.



New Year, Healthier You: Achievable Fitness Tips For Truck Drivers

By Hope Zvara – Mother Trucker Yoga

(continued on next page)

A new year means it's time you get to ride with a fresh, vibrant approach to a healthier version of yourself. We know that life on the road isn't always kind to your body, and coming up with a fitness plan can feel as daunting as that mountain pass in the dead of winter, not to mention most of the plans out there just don't make sense for a truck driver like yourself. We understand. And we're right here with you, full of empathetic, practical advice to help you make small, achievable changes that can lead to big improvements in your health. Let's do this right this year!

#1 Start Small

Remember that initial time you sat behind the wheel of a big rig? You didn't master the gears overnight, right? It's the same with fitness. Start with small changes, perhaps a quick stretch at every rest stop. Something is always better than nothing, right? What is one move you can master this year?

#2 Pick One Thing

Don't try to change everything all at once. Think about what you'd like to improve and start there. It could be drinking more water, taking a stretch break, or an extra walk around the truck daily. Pick your one thing and stick to it. What is "your one thing" for 2024 regarding your health?



#3 Make a List

Recognize your unique lifestyle and consider what might get in the way of your fitness plans. Is your schedule irregular? Do long hauls leave you strapped for time? Does your boss stress you out? Identify these barriers and brainstorm ways to overcome them. Make a list of what derails your progress so you can see it coming and change lanes fast.

#4 Get a Buddy

Find a fellow road warrior to hold you accountable for your fitness commitments. Whether it's a colleague, a buddy from home, or even us at Mother Trucker Yoga®, having someone to check in with can make all the difference. If no one told you, doing this alone is unnecessary. Who's in your corner?

#5 Stop Separating It From Your Life

Fitness isn't something "extra" you have to fit into your life; it IS life. Just like you wouldn't consider driving without a well-maintained rig, don't consider living without caring for your wellness. What conversation do you need to start having with yourself regarding wellness? And what conversation do you need to stop having?

(continued)

New Year, Healthier You: Achievable Fitness Tips For Truck Drivers

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#6 Learn to Self-Observe

Mistakes can become stepping stones when you learn from them. Self-observation enables us to understand our behaviors, thoughts, emotions – everything that makes us ‘us.’ It’s essential to learn from those oops moments. We hold the keys to our success.

#7 Ask Yourself: WHY?

Why do you want to be healthier, happier, more fit, and more active? Your ‘WHY’ can be a mighty motivator on difficult days. What is your ‘WHY’?

#8 Don’t Act Solely on Emotion

We know that the open road evokes all kinds of feelings. But just like you wouldn’t want to hit the icier slopes based purely on adrenaline, the same logic applies to our health journey. Be thoughtful and consistent in your choices. How can you incorporate three deep breaths into your day to help you create emotional space and assist you in making the next right decision?

#9 Find Your Tribe

Surround yourself with like-minded folks who support you and your fitness journey. Remember, just like a convoy, the people around you can help guide the way and fuel your motivation. Write down who is in your corner and identify if they want the best for you (be honest).



#10 Know It’s Never Too Late

Every sunrise brings a chance to start anew. The trucker lifestyle is unique, and you know what? So is the path to making changes for the better. Even small steps can lead to significant changes on the endless highway of health. Today say out loud: It’s not too late to take care of my health; I matter.

If no one has told you lately, I believe in you. Remember, Rome wasn’t built in a day, and neither are healthy habits. Inch by inch, it’s all a cinch. Hang in there, drivers. Let’s gear up for the healthiest year yet. Because you’re not just driving that truck - you’re driving your life, too.

Hope Zvara is a yoga, movement, and lifestyle expert and CEO of Mother Trucker Yoga. Over the last 20 years, Hope has transformed hundreds of thousands of lives and now helps drivers go from being in pain and out of options to feeling good again with her practical fitness approach and simple step-by-step strategies drivers can implement on the go. She has been featured on PBS, Forbes, and Yahoo News and is a regular guest on SiriusXM radio. If you are looking for the next steps in your health and life, look no further. For more information visit www.mothertruckeryoga.com. Facebook: <https://www.facebook.com/MotherTruckerYoga> Instagram: <https://www.instagram.com/mothertruckeryoga/> Twitter: https://twitter.com/trucker_yoga

BUYER'S GUIDE FOR TRUCKERS ON THE ROAD TO HEALTH

This is the time of year when many folks heed the catchphrase, "A new year, a new you," and embark on a program of self-improvement. The profession can take a toll on you physically and psychologically. Studies show:

Being seated behind the wheel for hours at a time can lead to back and neck injuries as well as muscle tightness.

Seven out of 10 truckers are overweight, which can lead to diabetes, obstructive sleep apnea, heart disease, and high cholesterol.

Over-the-road drivers can face uncertain sleep patterns, which can cause fatigued driving and potential accidents.

Loading and unloading freight and securing loads can cause injuries if you're not careful.

Being a truck driver doesn't mean you have to live an unhealthy lifestyle. There's plenty that can be done, and fortunately, there are a lot of products that can help you.

COOK AS MANY MEALS AS POSSIBLE IN YOUR TRUCK

Tools: RoadPro® 12-Volt Appliances

Two 12-volt appliances from RoadPro® can help you fulfill most of your in-cab cooking needs. The [RoadPro® 12V Stove](#), better known by truckers as the lunchbox, is almost as much of a trucking fixture as a CB radio. It has been used for years by truckers to cook meals from scratch or heat pre-prepared meals. It can cook or reheat food up to 300 degrees. Just plug it into your truck's 12-volt port, line it with an 8-inch x 3.75-inch x 2.5-inch disposable pan and let the food cook while you drive. Available at travel centers or online.

RoadPro® also has a 12-volt roaster, similar to the lunchbox, but it has a 3-cup capacity and holds a 6in x 9in baking dish or disposable aluminum pan for easy cleanup. It is available online or can be found at travel centers.



STAY HYDRATED

Tool: Cummins® 20oz Stainless Steel Tumbler

Staying hydrated while on the road is an important part of avoiding fatigue, which can lead to drowsiness and a possible driving mishap. This 20oz Cummins-branded tumbler can help quench any thirst.

The secured snap seal lid provides leak-resistance and splashproof drinking.

This travel mug is made of food-grade steel and a BPA-free lid that can be used again and again. But, what sets this tumbler apart from others is its magnetic base. It adheres to metal surfaces for extra anti-spill protection, and it comes with a flexible anti-slip bottom bumper. This officially licensed Cummins tumbler features double-wall vacuum insulation that keeps drinks hot for more than five hours and cold for more than 24 hours. The tumbler is available [online in red or in black](#) for \$23.58. The tumbler is also available in travel centers throughout the United States.



ENJOY A HOT, HOME-COOKED MEAL

Tool: Thermos Stainless King Vacuum-Insulated Food Jar

Your delivery schedule may not allow you time to stop for a meal – even from a fast-food place – or prepare one in your truck. That's when it makes sense to pack a few meals at home and bring it with you. This ensures you have something good and healthy with you. Thermos' Stainless King vacuum-insulated food jar is ideal for that. Food stays hot for 14 hours and cold for 24 hours. And, the lid becomes a convenient serving bowl. [Available online for \\$27.99.](#)



TRY TO GET YOUR HEART RATE UP

Tool: Deskcycle Bike Pedal Exerciser

One of the basics of any wellness program is to elevate your heart rate with exercise to get more oxygen into your system and strengthen your heart and muscles. Getting yourself to move more burns calories and can be beneficial for weight loss. However, it's not always convenient or safe to get out of your truck and go for a long walk or a run. That's when you can use a device like the DeskCyle to help you meet your daily step goal. The DeskCyle is a stationary bicycle you can use in the sleeper berth of your truck. It has an adjustable pedal height and allows you to set eight resistance settings to choose from. Its five-function LCD tracks your speed and distance.

[Available online for \\$134.99.](#)



BUILDING UP YOUR STRENGTH MAKES YOUR JOB EASIER AND YOU HEALTHIER

Tool: TRX® Exercise Bands

While lifting weights is a common way to build strength, it's not really feasible to keep a set of barbells in your truck. But, you can have a set of TRX® exercise bands tucked in a sleeper berth cupboard. These rubber bands increase the intensity of any exercise and are good for building strength, improving hip stability, and increasing mobility and range of motion.

TRX® exercise bands come in four weight ranges: 2-8 lbs.; 5-12 lbs.; 6-17 Lbs.; and 10-25 lbs. The set of four is [available online for \\$24.95.](#)



KEEP TRACK OF YOUR BLOOD PRESSURE

Tool: Dario Gen2 Smart Blood Pressure Monitor

Truck drivers often face hypertension due to their sedentary job and stress, posing health risks. To monitor and lower your blood pressure, consider the Dario Gen2 smart monitor. With a cuff and a large LCD screen, it displays your blood pressure and syncs with a smartphone app for tracking progress. It's portable, powered by four AAA batteries, and [available online for \\$79.95.](#)



GET A GOOD NIGHT'S SLEEP

Tool: BST-100 Bluetooth Sleep Sound Therapy System

It's basic: a safe driver is a well-rested and alert driver. However, getting a good night's worth of shuteye while in a noisy truck stop parking lot can make that as difficult as finding a place to park.

That's when the BST-100 Bluetooth sleep sound machine – a.k.a. white noise generator – can help. This little sound machine packs a big punch with 20 sounds to play and block outside noise so you can get some rest. The micro SD card can also be used to download more sounds from SoundOasis.com's library.

Before you turn in for the night, the BST-100 can be used as a Bluetooth speaker to stream your smartphone's playlist. [Available online for \\$59.99.](#)



If you do choose to begin a new wellness routine as 2024 gets rolling, don't be intimidated by thinking you need to be perfect all the time. You can take some modest steps and make incremental changes. Enjoy the successes and improvements you gain.

FIRST GEAR

for new CDL drivers

PRO DRIVER TIPS FOR NEW DRIVERS

As we bring in a new year, it's the perfect time for those considering a career change to explore the world of trucking. Seeking advice from seasoned professionals can make the journey go a lot smoother. The RoadPro® Pro Driver Council, a group of experienced drivers, shared valuable tips for new drivers.

1

Be receptive to advice from veteran drivers.

2

Do your research and talk to other drivers before joining a company.

3

Have a plan to get the most out of trucking for you.

4

Carry basic tools like fuses, duct tape, glue, glad hands, gloves, and a tire patch kit.

5

Give yourself 3-4 months to decide if you like it.

6

Obtain all necessary endorsements from the start.

7

Learn to drive manual and not just automatic.

9

Join Trucking Facebook Groups or get to know other truck drivers.

8

Never leave home without a jacket, weather is very unpredictable.

10

Minimize distractions from home.

The road to a successful trucking career begins with thoughtful preparation and learning from experienced drivers. By considering these tips from the RoadPro® Pro Driver Council, you can start a new journey in confidence and be equipped to navigate the challenges that will come.

FIRST GEAR

for new CDL drivers

TIPS FOR COOKING In Your Truck Over the Road



#1 APPLIANCES

In their search for healthier meals, the Wallins have purchased essential appliances to assist them in cooking in their truck. The appliances include a George Foreman® Grill, microwave, fridge, Instant Pot®, and slow cooker. The Wallins use a Cummins® 5000W Power Inverter to power these appliances, apart from the fridge. There are various other options to cook in your truck without a power inverter as well. The RoadPro® 12V appliances come in handy for a lot of truckers and those living off-grid.



RoadPro 12-Volt Slow Cooker

#2 MEAL PREP STRATEGIES

The Wallins often plan up to a week and a half of meals before going over the road. Tiffany vacuum-seals her meats and veggies to save space in the fridge. They typically shop at Walmart or local grocery stores during their travels to ensure a steady supply of fresh ingredients after their prepped meals are all gone. Tiffany, a fan of keto and diet foods that aren't often available on the road, stocks up on these before leaving home. Their go-to meals include salads, fish, chicken breasts, and paninis. All these meals are prepared using the instant pot or grill. In the winter months, they enjoy soups and chili to combat the cold weather.

#3 COOKING TIME

Cooking meals in your truck can take a lot of time. However, prepping most of your meals before you leave home can help save time on the road. Tiffany spends approximately one hour cooking meals each day with 15 minutes for prep, 30-45 minutes for cooking, and 15 minutes for cleanup.

#4 KEEPING YOUR TRUCK “KITCHEN” ORGANIZED

With small living quarters, it is crucial to keep your truck organized. With plastic drawers for spices, snacks, and cooking appliances or utensils, the Wallins demonstrate how maintaining organization can significantly speed up the cooking process, making it less of a hassle on the road. Cooking on the road takes planning and putting in a little time to prep your meals for the week or however long you are out for. Here are a few [simple recipes](#) to make over the road to get you started!



12-Volt Portable Roaster

Jeremy and Tiffany Wallin, members of the RoadPro® Pro Driver Council and drivers for Bennett Family of Companies, navigate the open roads for weeks at a time while cooking in their truck. The Wallins have mastered the art of on-the-go cooking to maintain a nutritious lifestyle.



Gaming & Electronics **SURVEY**



START NOW!

Share your thoughts for a chance to win!

Complete this survey by **February 29, 2024**
for a chance to win the above prize pack.

\$150.00 Value

Prize pack includes: MG-X Wireless Mobile Controller,
RoadPro® hat, and a BCO 32oz Tumbler.

COUNCIL TIP

Why Should I Get A Power Inverter?

RoadPro® Pro Driver Council Member, Gary Johnson, gives a few tips on why you should get a power inverter installed in your truck.



A veteran driver of over 20 years, Gary's CB handle is The Hustler. Gary is a heavy haul owner-operator with Kodiak Freight. He also won 1st Runner Up for the 2022 OverDrive Pride and Polish contest. Music is his passion, and he enjoys singing in various competitions, including America's Got Talent and Overdrive Magazine's Red Eye Radio contests. He enjoys woodworking and spending time with his family and friends in his spare time.

WORLD'S BEST ROAD GRILLED CHEESE & BUTTERNUT SQUASH BISQUE

Recipe by Brandon Bishop, ASYTV

Butternut Squash

Bisque Ingredients

- ½ of a large butternut squash
- ¼ cup grass-fed butter
- ¼ medium onion chopped
- ½ large carrot chopped
- 1 garlic cloves minced
- 2 cups chicken or vegetable broth
- ¼ teaspoon ground ginger
- ¼ cup heavy cream
- Old Bay hot sauce (or any hot sauce)
- Cinnamon sticks
- Feta cheese or sour cream
- Salt and pepper to taste

Butternut Squash Bisque Instructions

1. Roast diced butternut squash, carrots, onions and garlic in a RoadPro® Roaster in grass-fed butter until everything is translucent.
2. In a bowl mix/blend/smash everything in the roaster and add ground ginger and heavy cream. Blend to a smooth bisque-like consistency.
3. Pour everything back into the RoadPro® Roaster or the RoadPro® Slow Cooker.
4. Heat until thoroughly warm.
5. Use salt, pepper, cinnamon sticks, hot sauce, feta cheese, sour cream, or parsley flakes to season or to just make it look really handsome.
6. Enjoy!!!



Best Road Grilled Cheese Ever Ingredients

- Slices of brioche bread
- Slices of American deluxe cheese
- Slices of provolone cheese
- Genoa salami slices
- Grass-fed butter
- Mayonnaise
- Sliced tomato

Best Road Grilled Cheese Ever Instructions

1. Turn on RoadPro® Roaster or RoadPro® Frying Pan. Completely coat one side of each slice of brioche bread with mayonnaise.
2. Melt butter in your RoadPro® Roaster, or RoadPro® Frying Pan.
3. Place the bread inside the Roaster or Pan mayo side down, then pile cheese and salami on the top of each slice of bread. Clamp down the lid on the roaster, or just place the lid on.
4. Cook until the mayonnaise side of the bread is crispy (cheese will be gooey!)
5. Make your sandwich, add tomato, or whatever, then put it in your face and enjoy!



2024 OUTLOOK

CUMMINS® MERCHANDISE

The new year brings new products, milestones, and continued care for the on-the-go industry. Many innovations and new product launches took place in 2023. We look forward to 2024 and a year of continued growth in the Travel Center industry.

DAS Companies, Inc., the parent company of RoadPro® Family of Brands continues to supply Travel Center's to meet the needs of those on the road. DAS looks forward to revealing more Cummins®-branded DAS products in 2024.

Find all the new Cummins® products in a Travel Center near you or on the [Cummins® Amazon Storefront](#).

Retail launches for Cummins®-branded DAS products in 2024 include...



GLOVES



COOLER

TUMBLERS



HATS



 **Skullcandy**



Litez All®

RECHARGEABLE

**CLIP ON
FAN LIGHT**



**2 DISPLAY OPTIONS:
CLIP OR STAND**



**2 POWER OPTIONS:
BATTERY OR USB**



**3 SPEED FAN
1 LIGHT MODE**



litezall.com



ROADPRO[®] DRIVER'S LOUNGE

JOIN US!

A private Facebook Group
where truckers can **converse**
and **share thoughts and ideas**
with other drivers.

JOIN NOW

PRESENTED BY



FAMILY OF BRANDS

STAY CONNECTED

[Check out our Truck\(ers\) Stop Blog](#)

5 TIPS FOR STAYING WARM IN YOUR TRUCK THIS WINTER



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