



MAY 2021

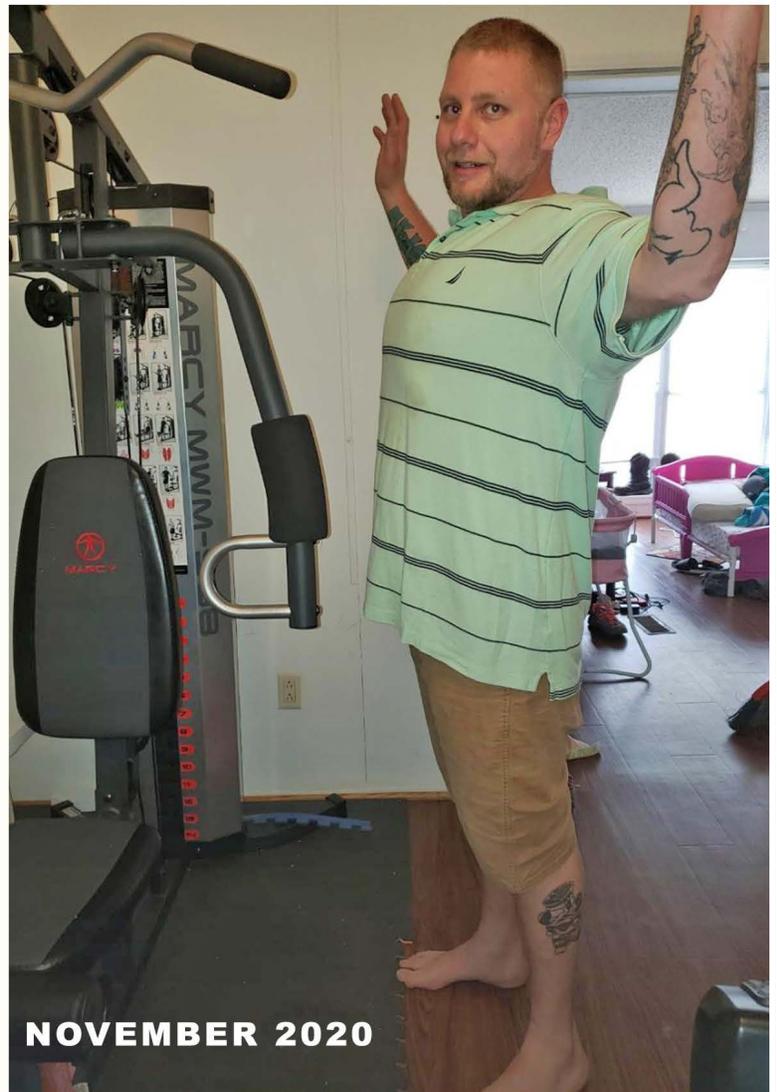
TADDEM TALK

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.

MY HIGHWAY TO HEALTH JOURNEY



JUNE 2019



NOVEMBER 2020

THE BEST DRIVERS DRIVE CPC



My Highway to Health Journey

A true story of one driver's journey to better health

By John Vance

• WHAT WAS YOUR 'LIGHT BULB' MOMENT THAT PUSHED YOU TO MAKE CHANGE?

I have always been obese, maintaining at 300 – 350lbs since high school. I started driving over-the-road in 2016. By the beginning of 2019, I weighed 418 lbs.

• WHAT MADE THIS TIME DIFFERENT?

I kept having issues with swelling. Sometimes my hands would be so swollen I could not even make a fist. I could not breathe. I could not play with my kids or do anything when I was home. All I wanted to do was sit on the couch and not drive anywhere. I got sick and tired of being sick and tired.

• WHAT EATING PLAN DID YOU CHOOSE AND WHY?

In the beginning I went into it blindly eating tuna and salad and chicken wraps; just things I associated with healthy eating, but not knowing anything. I cut out soda and went to coffee, Pepsi Zero, and from some water to more and more water. That is when I saw a difference and my weight dropped to 387lbs by October 2019. In November, I started driving for CPC Logistics. I researched many diet plans and the main functions of each, and this is how I found Thomas deLauer on YouTube. As I drove down the road, I would binge listen to his YouTube channel, listening and learning how to do this properly. On January 3, 2020, I started doing everything I had learned and within just 90 days I had lost 65lbs. At this point, my wife decided to join me on the journey. To date, she has lost over 100lbs and I am currently at 235lbs with a total loss of 183lbs.

• WHAT TYPE OF WORK OUTS WERE YOU ABLE TO FIT INTO YOUR ROUTINE?

Okay, so this is where I had to get creative. I cannot ignore the obvious, most of us work physically hard. I always try my best to bid on runs that ensure I unload floor loads, (I love this). Even if I unload 2 or 3 floor loads a week, I still do 2 or 3 days of workouts and yoga for stretching and flexibility most every morning. I bought a new Marcy home gym for \$400, and I have a 10-run flight of stairs. This is what I started with, but now I go to Gold's Gym and I use stairs at motels. Go up and down as 1 rep and then do 100 reps to equal 2000 stairs; that is a solid cardio day. I now do 250 reps equaling 5000 stairs while carrying weight. It takes me about an hour, but I had to work my way up to that level.

• WHAT KEPT YOU MOTIVATED WHEN YOU WERE DOWN OR TEMPTED INTO OLD HABITS?

I made up my mind that nothing will stop me from my fitness goals.

• WHAT WOULD BE YOUR TOP TIP ON HOW TO AVOID REGAINING LOST WEIGHT?

METABOLIC FLEXIBILITY: Okay, I learned by studying Mark Sisson's primal plan. Metabolic flexibility is when you have done keto for one time-period (varies for each) and you thrive from fat for fuel. Now that you have your diet completely locked down, it is time to decide: keto for life or clean whole food diet? Now that you thrive off fat and burn fat for fuel, you can add in fruits and vegetables you normally cannot have on keto. Taking in clean fat will energize you. The ketones help your brain functions like you would not believe, and clean carbs give you a nice energy supply that rounds it all out. I feel like a completely different person; you must experience it yourself!

• WHAT WAS ONE THING THAT HELPED YOU THE MOST ON YOUR JOURNEY?

My wife joining in and doing it with me. First, it is not cheap to start, and it is hard not to eat cake, pie, chips, pasta or whatever when it is already there and available. Second, there are Facebook and TikTok keto support groups that my wife joined. There she can exchange recipes and give advice to support group members.

• DO YOU WISH YOU HAD DONE THIS SOONER OR WAS THIS JUST THE RIGHT TIME?

Oh absolutely, I wish I had learned the right way to eat as a child! And yes, I am teaching my kids healthier eating habits, as well. As previously stated, I have been obese since 2nd grade. It took me 38 years to find out I have food allergies, but I had no idea how to even read a food label. I just did not have a clue.

• HOW LONG HAVE YOU 'MAINTAINED' YOUR CURRENT WEIGHT?

I have been between 235 and 240lbs for a month now but I am still cutting. This is what I meant when I said I stay in ketosis most of the time. I will cut 15 to 20lbs on keto then step back to a whole foods diet and maintain that weight for a couple months then go back into ketosis and cut again. I do not do it all at once because I want to achieve and sustain my goals. Some people are keto for life; they love it, live it, and preach it. I am not that guy. I love it, I live it, but I really love fruits and veggies too. I use keto as a tool. If I feel I want to get leaner while I am working out, which is what I am working on now, I eat a lot of meat, fruits, veggies, real butter, clean seasoning. It is high protein, medium fat, 20 or less net carbs a day (mostly from protein powder).

• HOW DID YOU HANDLE YOUR CRAVINGS FOR CERTAIN FOODS?

Out of sight out of mind. Do not have it in your house and if others do, keep it put away. Stay out of the middle of the grocery store unless you are getting water, stevia, frozen veggies, or coffee. Most of your foods are going to be around the outer perimeters: produce, cheese, meat, eggs, butter, etc.

• WHAT WOULD BE THE BEST PIECE OF ADVICE YOU COULD GIVE SOMEONE WHO WANTS TO LOSE WEIGHT AND IMPROVE THEIR LEVEL OF FITNESS?

That little voice in the back of your head is not your friend. You must be head strong. Put that voice in its place and just make up your mind be determined. Do not let anything stop you. Like I said, it is not easy, there is no cheat code for it, just grit and determination. The food options really help though; I love this diet and it is easy for me to stick to it. Fitness is the same, grit and determination but start at your level and do not try to do more than you are able to do. Using lower weight with high reps is going to help produce a solid lean base then cut the reps and increase the weight to get bigger - but start slow and do not hurt yourself.

• HOW DO YOU FEEL NOW AS OPPOSED TO HOW YOU FELT BEFORE?

I feel like I walked around my whole life with a 200lb person on my back and I just sat him down. It does not feel real. Just being able to go buy clothes anywhere I want is unreal.



My Highway to Health Journey continued

• WHAT CAN YOU DO NOW THAT YOU COULD NOT DO BEFORE YOU LOST WEIGHT?

Before I could not do much and was just unmotivated. Now I can do anything I want. I rollerblade, climb waterfalls, hiking or whatever I want to do. There are no excuses now!

• WHAT KIND OF FOODS DO YOU EAT ON KETO?

Ok, this is the most asked question I have had: "well what can you eat if you can't have sugar or bread or any carbs?" I have many, many recipes. My wife and I make our meal plans. She meal preps everything I eat on the road, such as ribeye, NY strips, ground burger lean, chicken trimmed no skin, salmon, tuna, cod, shrimp (anything out of the sea, really), blueberries in Fage® with vanilla stevia, monk fruit, broccoli, cauliflower, zucchini, squash, asparagus, brussels sprouts, lettuce, bacon, and the list goes on. Another question I am often asked is, "If I'm out and need something quick, what do I do?" There are several truck stop options such as hard-boiled eggs (eggs got old for me fast, but they are good in a pinch), Wisconsin Pepper Jack or Cheddar cheeses are good in the cooler, Almonds - I eat sea salt roasted Emerald - other almonds flavors have corn products. Jerky can be tricky because not all jerky is created equal. Most have fillers. I recommend Dukes, Tillamook, Bavarian Meats Co. These are good products. Lastly, I am asked, "But what about sweets and desserts?" Cocoa is high in minerals and is good for you. Refined coconut oil, MCT oil, cocoa powder, organic almond butter, and liquid stevia makes good, healthy, chocolate-almond fudge. Fage® with a few blueberries and liquid stevia is very good. There are options, so just be open minded.

Disclaimer: I have really done my homework and studied health, fitness, and mostly nutrition, but I have not been to school for this. I am self-taught with firsthand experience. In my opinion, keto and a clean whole foods diet are the way to go. If you are willing to put in the effort, you will be able to achieve your health and fitness goals.

DOES THIS SOUND LIKE YOU?

John is a fellow driver who decided it was time to step up for himself and his family and change his quality of life. If you have ever wanted to improve your health and this article 'speaks' to you, there is plenty of help at hand to help you begin YOUR journey to better health. John chose a low carb/keto way of eating but there are many other programs to choose from as well as exercise regimens. It is just about finding one that suits YOUR needs. Everyone needs to start somewhere. Whether it's losing 10 lbs. or 100 lbs. or starting an exercise program -- you don't need to go it alone. Losing weight is not just about getting into a smaller pants size. The health benefits are equally as rewarding such as increased mobility, less back or joint pain, improved mental clarity, better diabetic control, and lower blood pressure to name a few.

CHOOSE YOUR RESOURCES - Accolade, Nurse Advocate program and/or UMR coaching -- to help you on your way and be with you every step of the way. Why wait? Make that contact today!

Accolade - Personalized health and benefits support for employees and spouses eligible for the CPC medical plan through UMR - Accolade Health Assistants are there to get to know you and understand your needs and are familiar with our programs and resources. Register today with Accolade at member. accolade.com or call 844-351-3536.

Nurse Advocate program for drivers -- Your Nurse Advocate Mandy Francis is waiting to take your call. Nurse Mandy will get you started, provide current guidance on a variety of eating plans and schedule follow up calls at your convenience to keep you on track. You can reach Nurse Mandy at 480-201-6262 or cpcnurseadvocate@lockton.com.

UMR health coaching for employees and spouses enrolled in the CPC medical plan through UMR -- If you are enrolled in the CPC medical plan, there are coaches available to assist with health and wellbeing as part of your benefits package. This program is focused on helping you achieve specific health goals. Call 800-207-7680 to speak with a health coach.

Million Mile Award Recipients

CPC would like to congratulate several of our drivers assigned to Walgreens in Anderson, South Carolina for achieving the 1 Million Mile Award status!



Anthony Walker & Ken Pruitt



L-R: Dan Buckley, CPC Regional Manager, Troy Smith, Phil Reeves, Terry White and CPC Division Manager Ken Pruitt

CPC Logistics, Inc.

DRIVERS OF THE MONTH

April 2021

CPC East

Derrick L. Foreman
Walgreen Company
Raleigh NC

Leroy B. Hayes
Walgreen Company
Milford DE

CPCLS East

Andrei I. Sarazov
Indianapolis IN

CPC West

Carl A. Anderton
Success Logistics
Shawnee KS

Nicholas E. Tinsey
Walgreen Company
Vancouver WA

CPCLS West

Anthony L. Long
Denver CO

CPC Canada

Mahmoud A. Elgazzar
Procter & Gamble
Brantford ON



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CPC SAFETY MEETINGS



Advance Logistics – Kansas City KS – May 12, 2021
L-R: Robert Arnold, Brad McBride, Steve Hurr & Ron Zishka,
Advance Logistics Fleet Supervisor



North American Pipe Corporation – Wichita Falls TX – May 1, 2021
1st Row L-R: Steven Dixon & John Schlichter, CPC Safety Manager
2nd Row L-R: CPC Regional Manager Rick Weiher, Jose Castro,
Ernest Johnson, Rod Smith & Terry Williams



American Logistics Services – Garland TX – May 2, 2021
L-R: Israel Patino, Chris Persley, Charles Bradley & Rick Weiher,
CPC Regional Manager

DRIVER OF THE MONTH CELEBRATIONS



Steven Hurr
Advance Logistics
Kansas City KS
September 2020



Stephen Barela
Walgreen Company
Sweetwater TX
October 2020



Renard Davis
Walgreen Company
Waxahachie TX
November 2020



Carlos Zayas
Walgreen Company
Nazareth PA
November 2020



Harold Kratz
Walgreen Company
Sarasota FL
January 2021



Dennis Feyhl
CPC LS West
Dallas TX
March 2021



THE DROWSY DRIVER

The National Highway Traffic Safety Administration conservatively estimates that 100,000 crashes are the direct result of driver fatigue each year. Not only can not getting enough sleep put you at risk of an accident, but it can also create a higher risk of many chronic health issues such as high blood pressure, heart disease and stroke.

Getting enough sleep as a truck driver is just as important as eating right and exercising. When you sleep, your body repairs itself and gets you ready for the next day's work.



SIDE EFFECTS OF INADEQUATE SLEEP CAN SHOW AS:

- A foggy mind and lack of focus
- Irritability
- Development of mood disorders such as depression and anxiety
- An increase in appetite (which could lead to overeating)
- Slower reaction times

If you are having trouble keeping your eyes open, keeping your head up, drifting across lanes, or missing signs and exits, you should pull your vehicle over in a quiet and safe place and stop driving for the night or take a nap. A good night's sleep or a short daytime nap can be very restorative to you and will help prepare your body and mind for a good day of driving.