

iCARE ENROLLMENT - ENROLL JANUARY 1st thru SEPTEMBER 30th - PARTICIPATION SAVES YOU MONEY!

FLATBELLS AND BARBELLS

DON'T FORGET TO STRETCH?

STRETCHING GUIDE INSIDE....

**ARE YOU EATING
HEALTHY?**



DOWNLOAD THE MYFITNESSPAL APP or LoseIT APP!

**WILL YOU PASS YOUR NEXT DOT
EXAM?**

CONTROL BLOOD SUGAR & BODYFAT

**MAMMOGRAM
COLONOSCOPY!**

**SIMPLE SCREENINGS
THAT SAVES LIVES!**

**Magic Formula for
Weight Loss?**

NO BS GUIDE TO LOSING BODYFAT

NICOTINE CESSATION!

**OUR ONSITE CLINIC CAN HELP AND
IT'S FREE!**

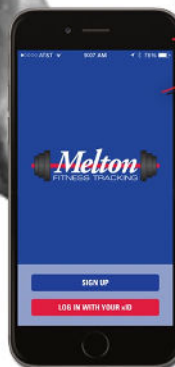


Search "Melton Torqued"

WELLNESS DEPARTMENT: 918.270.9611



**WIN
PRIZES!!**



CareATC® - Onsite and Shared Site Clinics

- ✖ Completely Confidential
- ✖ No Co-Pay
- ✖ Minimal Waiting Room Time
- ✖ Full Service Primary Care
- ✖ On-Site Lab Draws
- ✖ On-Site Generic Prescriptions Dispensing at **NO COST!**
- ✖ Personal Health Assessment (PHA) - Melton iCare Enrollment

Ways to Schedule Your Appointment:

☎ 918.876.0142 (On-site) 8am - 12pm

☎ 800.993.8244 (National sites)

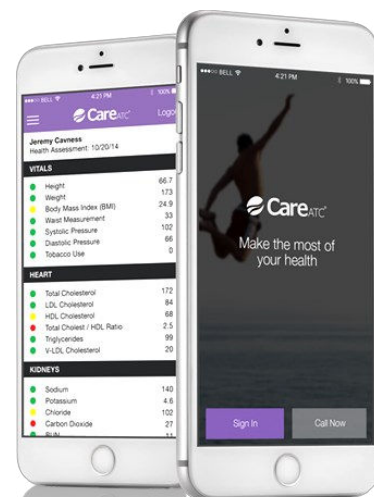
☎ 918.948.6360 (Tulsa shared sites)

🌐 www.careatc.com/meltontrucklines

📱 CareATC app

Onsite medical clinic available to all employees, spouses and dependents (2 & up).

Shared site medical clinics available to Melton benefit plan members.



What can be treated?


Allergies	Asthma
Cold and Flu	Congestion
Sore Throat	Stomach Ache
Diabetes Management	Headaches
High Blood Pressure	High Cholesterol
Lab Work/Tests	PHAs
Physicals	Tobacco Cessation
Immunizations	Well Child Checks

Laredo Onsite Medical

Physician Hours 7:30 - 10:30am Mondays, Wednesdays & Fridays

*Medical Assistant available 7:30am-4:30pm Monday thru Friday

☎ *Call Jorge Landa for your appointment: 956.724.5763*



iCare

SAVE MONEY IN 2023-24 YOU WILL

SAVE BIG ON YOUR 2023-24 BENEFIT PREMIUMS:

COVERED EMPLOYEE & SPOUSE
COMPLETE THE ICAREPHA
SCREENING AT A CareATC CLINIC,
THE TULSA / LAREDO
TERMINAL or SCHEDULED
APPOINTMENT AT LABCORP.*

*Schedule by visiting:
www.careatc.com/meltontrucklines
- select "Schedule My PHA" - "At Another Location"

VISIT: CAREATC.COM/MELTONTRUCKLINES
FOR SCHEDULING AND ADDITIONAL
INFORMATION.

DEADLINE:

SEPTEMBER

30

If you have questions about your participation options, please call 800.993.8244 or careatc.com/meltontrucklines

Shared-Site Health Center Locations

Show Me
The App!

With the **CareATC mobile app** - find the closest Health Center while on the road and conveniently schedule appointments anytime, anywhere!

FLORIDA

East Boynton Beach

1700 W Woolbright Road
Boynton Beach, FL 33426

Fontainebleau Health Center

9250 W Flagler St
Miami, FL 33174

Hialeah Health Center

7100 W 20th Ave, Suite 606
Hialeah, FL 33016

Palm Harbor Health Center

34650 US Highway 19 North, Ste 102
Palm Harbor, FL 34684

Port St. Lucie Health Center

1871 SE Tiffany Ave, Ste 110
Port St. Lucie 34952

Wellington Health Center

1397 Medical Park Blvd, Suite 380
Wellington, FL 33414

GEORGIA

Gainesville Health Center

1314 W Ridge Rd
Gainesville, GA 30501

INDIANA

Middlebury Health Center

56853 Northridge Dr
Middlebury, IN 46540

MICHIGAN

Grand Rapids SW Health Center

2221 Health Dr SW, Ste 1500
Wyoming, MI 49519

MISSOURI

Claymont Health Center

15421 Clayton Rd, Ste 101
Ballwin, MO 63011

Keaton Health Center

6698 Keaton Corporate Pkwy, Ste 101
O'Fallon, MO 63368

McKelvey Park Health Center

3165 McKelvey Rd, Ste 205
Bridgeton, MO 63044

OKLAHOMA

15th Street Health Center (X-ray available)

1810 E 15th St, Ste C
Tulsa, OK 74104

Bixby Health Center

12800 S Memorial Dr, Ste B
Bixby, OK 74088

First Place Tower Health Center

15 E 5th St, Ste 1600
Tulsa, OK 74103

Jackson Health Center

4500 S 129th E Ave
Tulsa, OK 74134

Muskogee Health Center

3300 Chandler Rd, Ste 107
Muskogee, OK 74403

OKC Healthplex South

13500 S Tulsa Dr, Ste 302
Oklahoma City, OK 73170

Owasso Health Center

8751 N 117th E Ave, Unit H
Owasso, OK 74055

Sand Springs Health Center

302 W 2nd Street, Ste 600
Sand Springs, OK 74063

TEXAS

Arlington Central Park Health Center

3050 S Center St, Ste 130
Arlington, TX 76014

Fort Worth Health Center - Fossil Bluff

6618 Fossil Bluff Dr, Ste 132
Fort Worth, TX 76137

Fort Worth Health Center - Henderson

500 Henderson Rd
Fort Worth, TX 76104

Humble - Kingwood Health Center

1331 Kingwood Dr
Humble, TX 77339

Humble - West Lake Health Center

17903 West Lake Houston Pkwy
Ste 102
Humble, TX 77346

Irving MacArthur Blvd Health Center

2021 North MacArthur Blvd
Ste 500
Irving, TX 76061

Josey Ranch Health Center

1735 Keller Springs, Ste 100
Carrollton, TX 75006

Odessa Health Center

221 N Sam Houston Ave
Odessa, TX 79761

Southcross Health Center

4243 Southcross Blvd, Ste 202
San Antonio, TX 78222

Spring-Cypress Health Center

110 Cypress Station Dr, Ste 248
Houston, TX 77090

Spring-Kuykendahl Health Center

21301 Kuykendahl Rd, Ste. F
Spring, TX 77379

- ▶ New Address
- ▶ New Health Center

Three easy ways to schedule an appointment:

☎ 800.993.8244 💻 www.careatc.com/patients 📱 CareATC app

CareATC
THE POWER TO BE WELL.

Show Me
The App!



EN-200410



MELTON FITNESS TRACKING



- TRACK YOUR WORKOUTS!
- ENROLL IN CHALLENGES!
- SYNCs WITH OTHER APPS!
- SET GOALS!
- RECEIVE POPUP MELTON WELLNESS NOTIFICATIONS!



App Store



Google play

Search: "Melton Netpulse"
or
"Melton Fitness"

Earn a FREE GYM RAT T-Shirt!



- **BODY FAT** PERFORMED ON THE InBody[®] 770
WOMEN $\leq 23\%$ | MEN $\leq 18\%$
- **MUSCULAR ENDURANCE** 1 MINUTE SITUPS OR PUSHUPS
WOMEN ≥ 20 PUSHUPS OR ≥ 20 SITUPS | MEN ≥ 30 PUSHUPS OR ≥ 30 SITUPS
- **FLEXIBILITY** PERFORMED USING THE MODIFIED SIT AND REACH TEST
Both Men & Women must score in the 50th percentile or higher based on their age.
- **CARDIOVASCULAR ENDURANCE** 500 METERS ON THE concept 2 ROWER
WOMEN $\leq 2:30$ | MEN $\leq 2:00$



*Schedule your test after 3 months of employment
with Melton Truck Lines.

GYM REIMBURSEMENT

Melton will reimburse \$15 for each month that you utilize an outside gym facility 8x's or more.

- Send copy of your gym contract to: bringham@meltontruck.com
- Monthly, quarterly or annually send gym printout of your visits to:
bringham@meltontruck.com



Search "Melton Torqued"

- Healthy recipes
- Gym Rats
- Road-friendly Friday workouts.
- Important CareATC clinic information & updates.
- iCare enrollment reminders and instructions.

****We encourage you to share helpful tips for fellow drivers**

facebook

join our
group +

JOIN
NOW



ROAD HIIT
COMPLETE 4 ROUNDS FOR TIME (WITH GOOD FORM) **3.3.23**

AIR SQUAT X15
INCLINE PUSHUPS X8
HAMMER CURLS X10
JUMPROPE SINGLES X5
PRYBAR CRUNCH X20
BURPEE X2



ESSENTIAL STRETCHES

Stretch 1-2
times each day.

Stretch until mild
tension is felt, then
hold for 5-10
seconds.

Avoid bouncing or
stretching to the
point of pain.

Breathe deeply to
intensify the
stretch as you
exhale.



300 REP BODYWEIGHT WORKOUT!

Monday: Walk 30 Minutes

Tuesday: Bodyweight 300 (3 cycles)

Wednesday: Walk 30 Minutes

Thursday: Bodyweight 300 (3 cycles)

Friday: Walk 30 Minutes

Saturday: Bodyweight 300 (3 cycles)

Sunday: Take Today Off!

- *Circuit training involves moving from exercise to exercise with little or no rest in between exercises.*
- *Cycle through all 6 exercises 3 complete times/rounds = 300 Reps!*

#1

AIR SQUAT

20 Reps



PUSHUPS

20 Reps

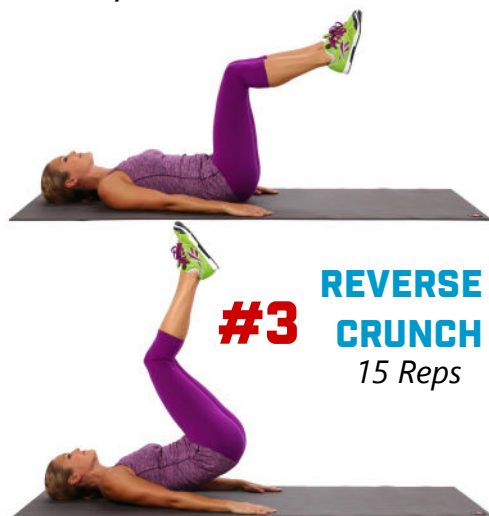
#2



REVERSE CRUNCH

15 Reps

#3



MODIFIED PULLUP

5 Reps

#6

USE YOUR TRAILER



#5

WALKING LUNGE

20 Reps



#4

SITUPS

20 Reps



TABATA TRAINING → :20WORK/:10REST

Tabata Defined: Any exercise can be incorporated into Tabata training. However the basic outline of the Tabata training method is as follows:

4 minutes long (whole Tabata Session) • 20 seconds of WORK + 10 seconds of REST • Total of 8 STATIONS

STATION 1

Work 20 seconds

Rest 10 seconds

STATION 2

Work 20 seconds

Rest 10 seconds

STATION 3

Work 20 seconds

Rest 10 seconds

STATION 4

Work 20 seconds

Rest 10 seconds

STATION 5

Work 20 seconds

Rest 10 seconds

STATION 6

Work 20 seconds

Rest 10 seconds

STATION 7

Work 20 seconds

Rest 10 seconds

STATION 8

Work 20 seconds

Rest 10 seconds



1



2



3



4



5



6



7



8

Directions:

Do the above workout 3 -5x/week. Mix tabata training in with your daily 30 minute walks or jogs.



Search "Flex Timer" in your app store and download the Gym Next Timer.

TRAINING EQUIPMENT FOR THE ROAD!



RESISTANCE BANDS
\$30 - \$60
AMAZON.COM

YouTube James Grage



KETTLEBELLS
Price Varies



FOLD UP BIKE
\$170
CITIZENBIKE.COM



DIY DIP BAR
\$20ish
LOWES



JUMP ROPE
\$10
WALMART



POWERBLOCK DB'S
STARTING \$160



FLYBIRD DB'S
STARTING \$160



AB WHEEL
\$15 - \$30
WALMART.COM

NO BS GUIDE TO BURNING BODYFAT



THE ONLY WAY TO LOSE WEIGHT

The only way to lose weight is to be in a caloric deficit. The trick here is to be as accurate as possible in both your measurement of calories expended (calories out) AND the measurement of calories that you are eating (calories in).

HOW TO TRACK CALORIES OUT

The absolute best way to know your calories expended each day is to **use wearable tracker**. Both the Apple Watch, Samsung Galaxy watch have great built in tools that will give you your total calories burned each day. you don't have either of those watches, check into a Fitbit or Garmin tracker. Whatever wearable you use, **wear it ALL DAY LONG!** That is the only way you will know how many calories that you expend each day. Important note: Whatever tracker that you are using, keep your current bodyweight up-to-date in the app. This ensures that the calorie count is accurate.



HOW TO TRACK CALORIES IN

Log the food you eat in a food tracking app like LoseIt or MyFitnessPal. This gives you the total amount of calories that you eat along with the macros. Take it a step up and buy a food scale. Weighing your food on a food scale is the best way to be 100% accurate tracking your total daily intake. You can pick up a food scale at Walmart or Amazon for \$10-15.



WHAT IS THE BEST CALORIE DEFICIT RANGE PER DAY?

Once you know how many calories you're burning and consuming, now you need to create a deficit to lose the fat. **A 300-500 calorie deficit per day is recommended.** That means if you are burning a total of 1,700 calories per day, you need to keep your intake between 1,200-1,400 each day. Be aware that creating more than a 500 deficit may be detrimental to weight loss. With too few calories, your body kicks into survival mode and your metabolism may actually slow down. You don't want that.

WHAT ABOUT TRACKING MACROS?

We are talking about carbohydrates, fat and protein. Your main focus should be on the grams of protein that you are consuming each day. Your goal is .6 to 1 gram of protein per pound of bodyweight daily. This does two things: 1) protein is super filling and getting a larger amount will keep you fuller, longer. 2) protein is required for muscle to grow. Muscle tissue contributes approximately 20% of your total daily calories burned versus 5% for fat tissue. If you are losing muscle, you are slowing your metabolism which equals shooting yourself in the foot.



THE EASIEST WAY TO MAINTAIN A CALORIE DEFICIT

I'm a big fan of intermittent fasting. A typical day of intermittent fast consists of an 8 hour eating window with a 16 hour fast. If you only have 8 hours to eat, 2,000 calories will feel like your eating like a king - making the deficit much easier to deal with.

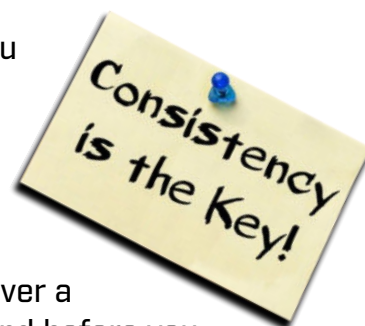


WHAT ABOUT WORKING OUT?!

A good sustainable weight loss program always consist of working out. Does that mean hours of gym time each day?- NO! Start with 20 minutes of strength training and 20 minutes of cardio 4 -6 days per week. If you are short on time, skip the cardio and just do strength training. Again, muscle is key to long term weight loss success. Working out also makes the calorie deficit much easier simply because you are burning more calories....giving you the ability to eat a bit more.

MY ADVICE ON CONSISTENCY

Do not depend on motivation, workout buddies or inspiration to keep you consistent. What happens when your workout buddy talks you in to a McDonalds lunch run instead of hitting the gym? When you force yourself to workout and eat in a calorie deficit on days that you really don't want to, you slowly begin to reprogram your mind and build in those good habits. That reprogramming only happens when you push through on the days you don't feel like doing it. Focus on consistency over a long period of time. 30 days becomes 60 days that becomes 90 days and before you know it - you have found consistency and you are not fighting the mental stuff as much anymore.



LAST, BUT NOT LEAST

If you've been making excuses not to take care of your body, NOW IS THE TIME for a change! Losing bodyfat is simple, but you've got to put in the effort and be consistent with the effort. The hardest time period to get through is the first 4 weeks. It takes approximately 4 weeks to build the habits of regular exercise and conscious eating. Once you get through those consistent 4 weeks, you will notice the workouts getting easier, your body will get use to the calorie deficit and overall you will start feeling better physically and mentally!

USEFUL APPS AND GROUPS:



Search "Melton Torqued"



Melton Fitness App
Search: "Melton Egym"



LoseIT App
Search: "Loseit"



MyfitnessPal App
Search: "Myfitnesspal"



InBody App
Search: "InBody"



CareATCApp
Search: "CareATC"

WEEKLY MEAL PLAN

TIPS: USE MYFITNESSPAL / LOAD UP ON VEGGIES / LIMIT STARCHES

BREAKFAST: - 437 CALORIES

- 1 CUP OLD FASHIONED OATS
- 1/2 CUP ALMOND MILK
- 1 TBSP SWERVE BROWN SUGAR
- 1/2 CUP OF EGG BEATERS



LUNCH: - 448 CALORIES

- 2 CHICKEN VEGGIE WRAPS
- 2 XTREME WELLNESS WRAPS
- 1/2 CUP OF TYSON PULLED CHICKEN
- 1/2 CUP MIXED VEGGIES



DINNER: - 478 CALORIES

- CHICKEN VEGGIE STIRFRY
- HANDFUL OF TYSON PULLED CHICKEN
- 1 BAG CAULIFLOWER RICE
- 1/2 BAG MIXED VEGETABLES
- SOY SAUCE TO TASTE



PROTEIN RICH SNACKS:

PROTEIN SHAKES

160 CALORIES
*30G PROTEIN



PROTEIN BARS

200 CALORIES
*20G PROTEIN



- NATURAL PEANUT BUTTER
- EGGS
- EDAMAME
- CANNED TUNA
- GREEK YOGURT
- SUNFLOWER SEEDS
- BLACK BEANS
- COTTAGE CHEESE