

DISTRIBUTE THE PEAK PERFORMANCE SNACK GUIDE



Resources Provided

- PDF Peak Performance Snack Guide

We've reviewed many things that should NOT go into your body prior to driving (including alcohol, some prescription and OTC medications.) But did you know there are certain foods with a low-glycemic index that will help keep your blood glucose steady for up to two hours and may help increase alertness?* For some great ideas on low-glycemic snacks, see the attached resource from Wellness & Prevention, Inc. (A Johnson & Johnson Company). You can keep this list handy when doing your grocery shopping so you'll be well-stocked with snacks to support performance both on-and-off the road.

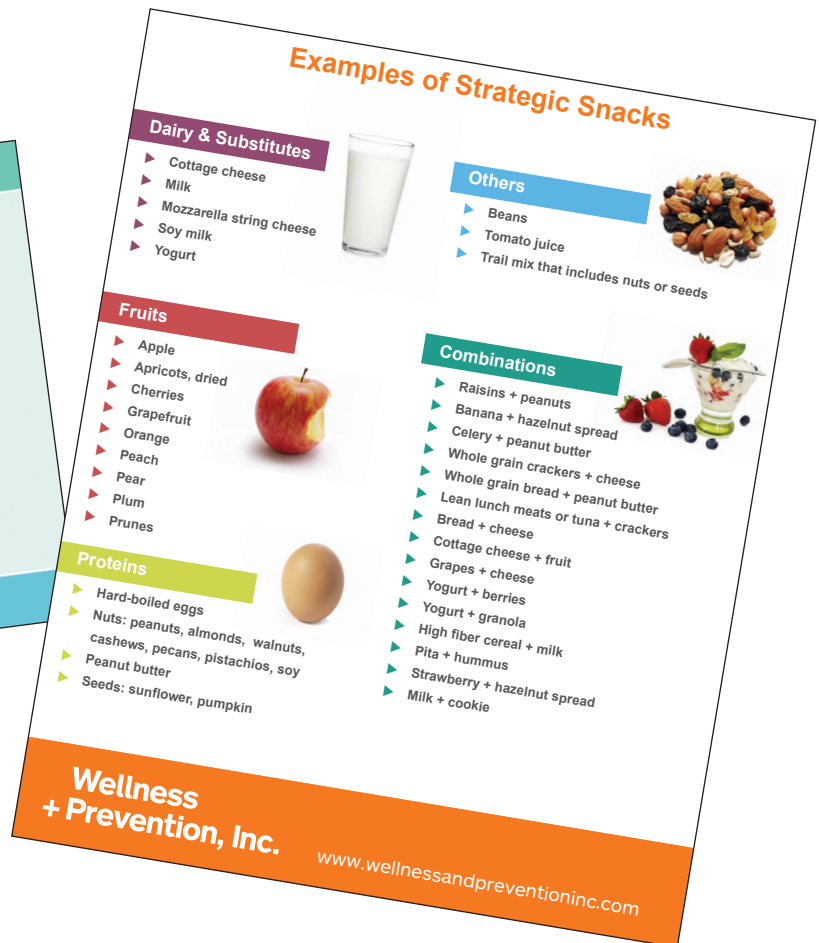
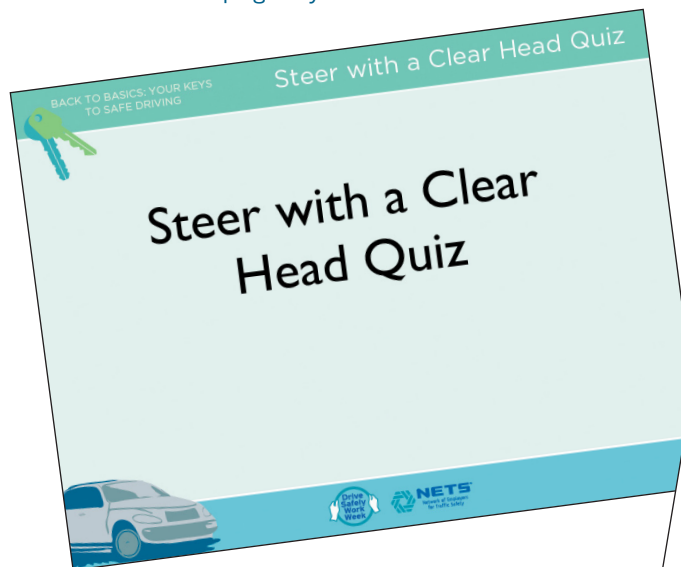
*Eating low-glycemic index foods is not a substitute for getting adequate sleep prior to a road trip that takes two hours or more.

1 TEST YOUR KNOWLEDGE

Resources Provided

- Steer with a clear head PowerPoint quiz

E-mail the Steer with a Clear Head interactive PowerPoint quiz to employees. Questions are based on information presented in the fact and tip sheets for this campaign day.



At Wellness & Prevention, the goal is to help organizations achieve more of their full potential by helping renew the health, energy, and performance of their employees or members. They believe in Health Igniting Performance.