



# Breaking Blue Collar Habits

# WHO ARE WE?

## Tyler Ankney

- Fleet Manager / Management Analyst / Liaison for Commission with Disabilities for Buffalo Grove
- BGPW Health and Wellness Committee Chair
- ISA Certified Arborist
- APWA Certified Winter Snow and Ice Supervisor
- Certified Administrator FLEXI Sign Software
- Certified Member of The National Society of Leadership and Success
- OpenGov Cartegraph Asset Management Certified Administrator
- International Sports Science Association Certified Personal Trainer and Nutritionist
- Masters Degree in Business Administration – MBA
- Member of the Illinois Road Scholar Committee
- Blue Collar Experience: 16 years as a Public Works Maintenance Worker





# WHO ARE WE?

## Randy Kester

- Maintenance Worker II with Village of Buffalo Grove
- Buffalo Grove Public Works Health and Wellness Committee Member
- ISA Certified Arborist
- American Sports and Fitness Certified Running Coach
- 11x Marathon Runner
- Military Veteran
- Blue Collar Experience: 13 Years as a Tractor Trailer Driver; 4 Years as a Maintenance Worker in Public Works



# Quick History of Wellness at The Village of Buffalo Grove...

**RICHARD  
SIMMONS**  
*Sweatin'  
to the  
Oldies*®







# Bad Habits of Blue-Collar Workers

1. Health is the last thing we worry about
2. Fast food and junk food are our standard foods
3. We expect our families to figure things out and read our minds when we're not around
4. We don't exercise because our jobs are our exercise
5. We don't praise others for jobs well done
6. We smoke, vape, or drink to fit in and deal with stress
7. We stop pursuing growth and setting goals because school and college weren't for us
8. We skip stretching and warmups before work
9. When we get overtime money, we've already spent it
10. We wear lack of sleep like a badge of honor
11. We don't hydrate enough and rely on caffeine and energy drinks



# **Habit 1: Health is the LAST thing we worry about**

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**"I Prioritize My  
Health. I'll Take Care  
of It Right After I  
Get This Next Thing  
Done"**





THIS JUST  
ISN'T A  
PRIORITY  
FOR ME





## **Habit 2: Fast food and junk food are our standard food**

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**“I know it’s bad for me, but it’s fast, fried, and full of flavor”**



GOOD  
FOOD



GOOD  
HEALTH



GOOD  
LIFE





# What you eat MATTERS!

- Food designed for increased consumption NOT sustenance!
- High in Calories and High in Tricking Tastebuds
- Food ROI
- Sleepiness and Fatigue





# Option 1



# Option 2





But it doesn't need to be that  
complex







# IN CASE OF EMERGENCY



Mobil



Walgreens



# BREAK GLASS







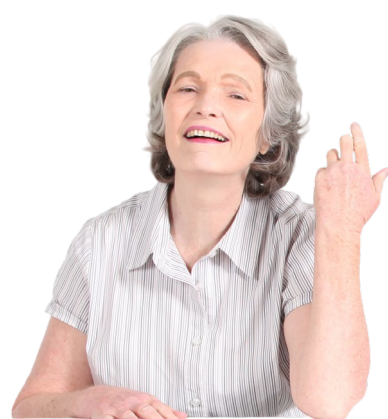
Apple Pecan  
Salad  
500 Calories

- FAT – 25g
- CARBS – 44g
- PROTEIN – 29g



Grilled Chicken  
Wrap  
420 Calories

- FAT – 16g
- CARBS – 42g
- PROTEIN – 27g



20 Chicken Fries  
560 Calories

- FAT – 30g
- CARBS – 41g
- PROTEIN – 33g



14 Chicken  
Nuggets  
580 Calories

- FAT – 34g
- CARBS – 36g
- PROTEIN – 32g







Walgreens







**Habit 3: We expect our families to figure things out and read our minds when we're not around**

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**"I work long hard hours, and my family should know that"**

How often do you TALK  
with your family?

Strength in any relationship  
comes from consistent and  
clear communication. Don't  
fail to communicate with  
the people you work so  
hard for...





If you leave your family guessing about how to  
deal with your work obligations and how YOU  
feel...

You're on the highway to the



**DANGER  
ZONE**





# Prepare your family and set expectations



- There WILL be late nights and long hours
- We may not see each other as much as we usually do
- Designate responsibilities ahead of time so everyone understands what they are supposed to be doing
- Be flexible, LISTEN and CHECK IN often



## **Habit 4: We don't exercise because our jobs are our exercise**

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**"I use my body everyday at work. It's the only workout I need"**



# Work Isn't Your Workout





Walking or Running



Weightlifting



Find What Works For  
You



Yoga or Pilates



Athletics or Sports





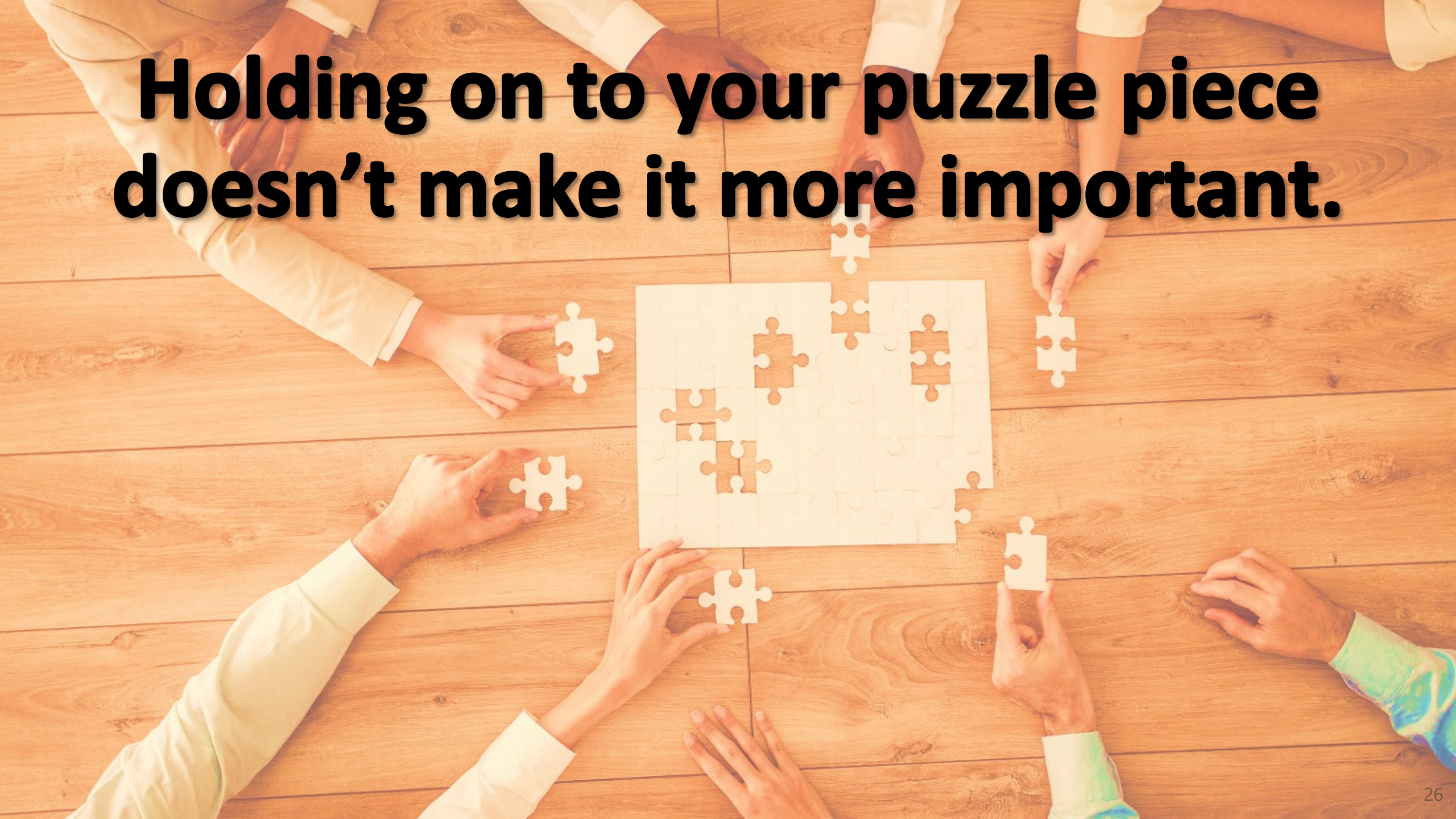
## **Habit 5: We don't praise others for jobs well done**

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**"Nobody praises me for  
my hard work, why  
would I say anything  
good about theirs?"**



**Holding on to your puzzle piece  
doesn't make it more important.**





Recognizing  
others only  
adds value to  
you and your  
team!





“Culture eats strategy for breakfast”

Peter Drucker – Author, Educator, and Management Consultant





## **Habit 6: We smoke, vape, or drink to fit in and deal with stress**

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**“This is just how our industry deals with the pressure of the job”**



# Drinking Excessive Alcohol

- Bad for your health
- Causes Sleep Problems
- Can be dangerous for yourself and others
- Is oftentimes a barrier between you and your goals
- Provides "empty" calories

There is a fine line between an acceptable amount and too much. Limiting consumption to weekends can be an effective strategy for limiting use and preventing interference with work obligations



# Vaping and Tobacco Use

- Detrimental to your health
- Can be even more detrimental to the health of secondhand users
- Expensive: 2-5K per year
- Vaping has been proven to cause cancer at an earlier age than smoking. That means a shorter quality of life

Why did you start smoking or vaping to begin with?  
Is the reason for continued use still the same?

How does it affect your daily life? Can you sit through your kid's sporting event without "needing" it? Ever planned a flight around your need for it?





**Habit 7: We stop pursuing growth and setting goals because school and college weren't for us**

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**"I've been doing this job for years I know it all already"**



The background image shows a group of construction workers in a meeting. They are wearing yellow hard hats and high-visibility orange vests over blue shirts. They are gathered around a table, looking at blueprints and documents. The scene is dimly lit, with a blue tint, suggesting an indoor setting like a construction site office or a temporary meeting area. The workers are engaged in a collaborative discussion, with some pointing at the documents.

# **THE BEST INVESTMENT YOU CAN MAKE FOR YOUR FUTURE IS IN YOU!**

**Don't confuse strength with adaptability.  
Darwin is often misquoted saying, "Only the  
strong survive"**

**What he really said was "Those that are most  
adept to change are those that survive"**



## **Habit 8: We skip doing warmups before work**

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**"I don't need to warmup or stretch before work because my boss gets my blood flowing enough"**



**WARMUPS**







and Scott's  
the Mifflin  
credit  
memorial  
abies  
-Am  
ce  
e

Rabies Awareness Fun Run  
**1**  
LINCOLN, NE SCANTON, PA





## **Habit 9: When we get our overtime check, it's already spent**

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**"I think I'll put those  
fancy new tires and a  
lift kit on my truck"**





# Learn to Manage Your Money

- Set financial goals
- Set saving targets each month BEFORE establishing your budget
- Utilize an investment plan for children's college when they are born
- Think about utilizing Roth IRA or a 457B plan for retirement
- Rather than setting a dollar amount aside, choose to have a percentage of your pay withdrawn
- "What gets measured gets managed"



## **Habit 10: We wear lack of sleep like a badge of honor**

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**"I'll sleep when I'm dead!"**



# SLEEP

- Designate an area of your home for Undisturbed Sleep
- Prioritize Darkness
- Don't use Technology or Blue Light Devices Before Sleep
- Make your bed the place where you SLEEP, Not watch TV



- Sleep at least 7-10 hours when possible
- Routine is KEY!
- Improving sleep from 6.5 hours to 7.5 hours reduces calorie intake by 270 calories!
- 4-7-8 breathing method and box breathing



## **Habit 11: We don't hydrate enough and rely on caffeine and energy drinks**

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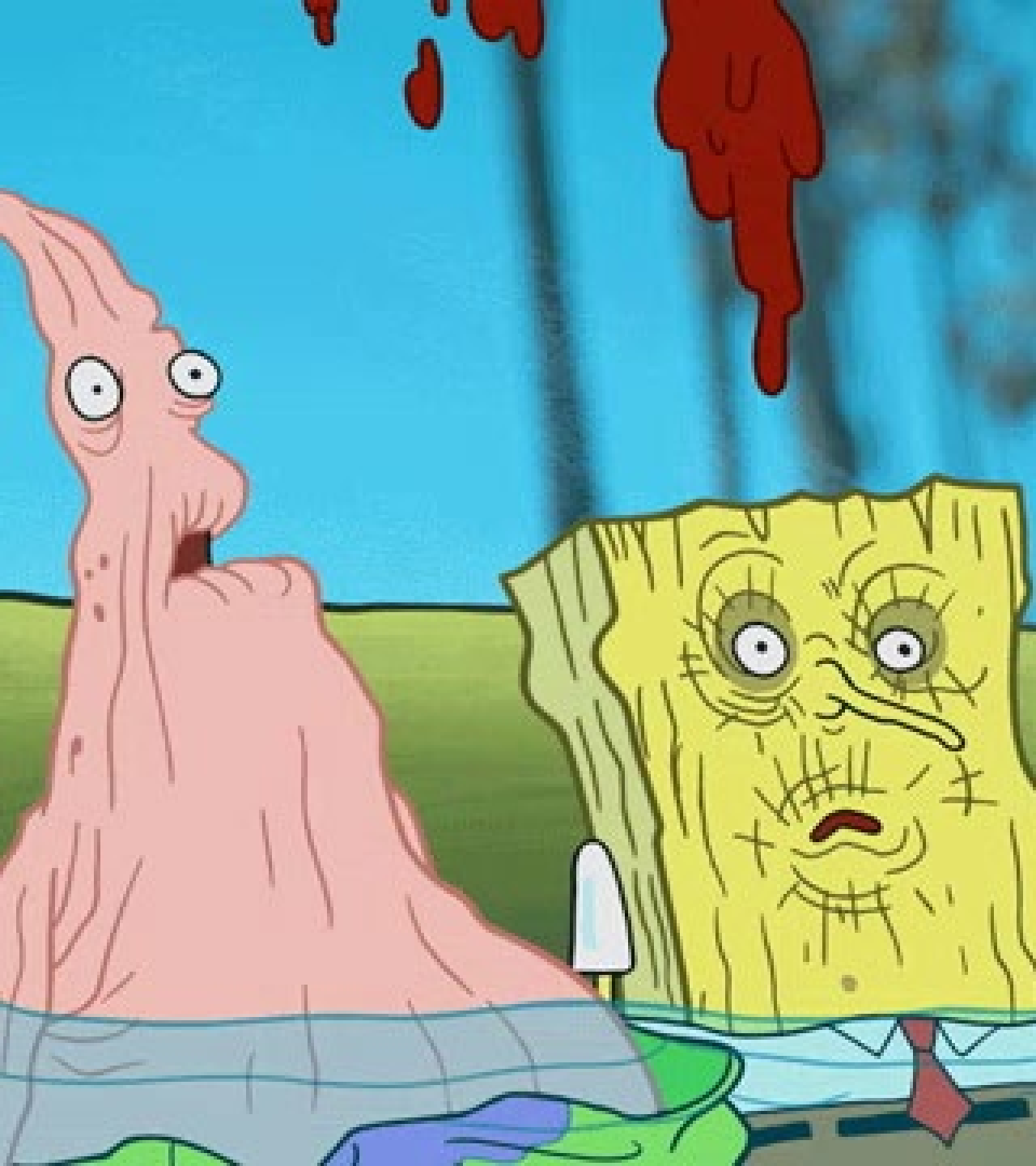
**“Water? This body runs on coffee and energy drinks!”**



# Chemical List – Energy Drinks

Carbonated Water, Sugar, Glucose, Citric Acid, "Natural Flavors", Taurine, Sodium Citrate, Panax Ginseng Flavor, L-Carnitine, L-Tartrate, Caffeine, Sorbic Acid, Benzoic Acid, Color Added, Niacinamide, Sucralose, Salt, Inositol, Pyridoxine Hydrochloride, Riboflavin, Maltodextrin, Cyanocobalamin



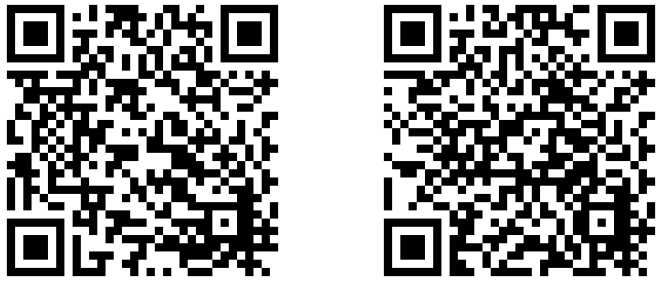


# DRINK WATER!

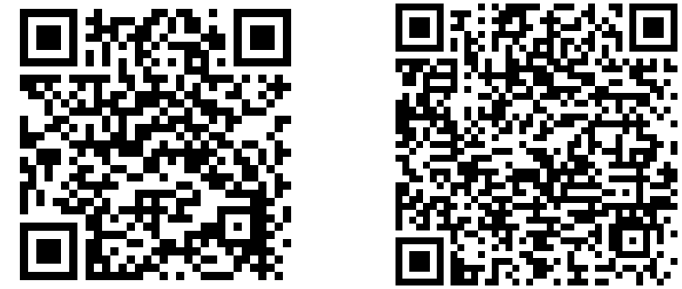
- Water should be first choice
- Water lubricates and cushions joints
- Helps suppress hunger
- Essential for the proper function of all body systems
- Helps with fatigue



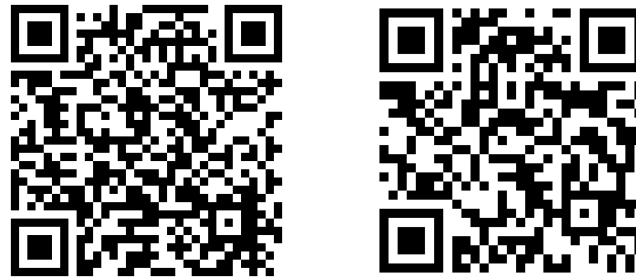
# HELPFUL QR CODES



Meal Prep



Exercise



Warm Up / Stretching