



# Responsible Well-Being Assistant

1 Setup Assistant

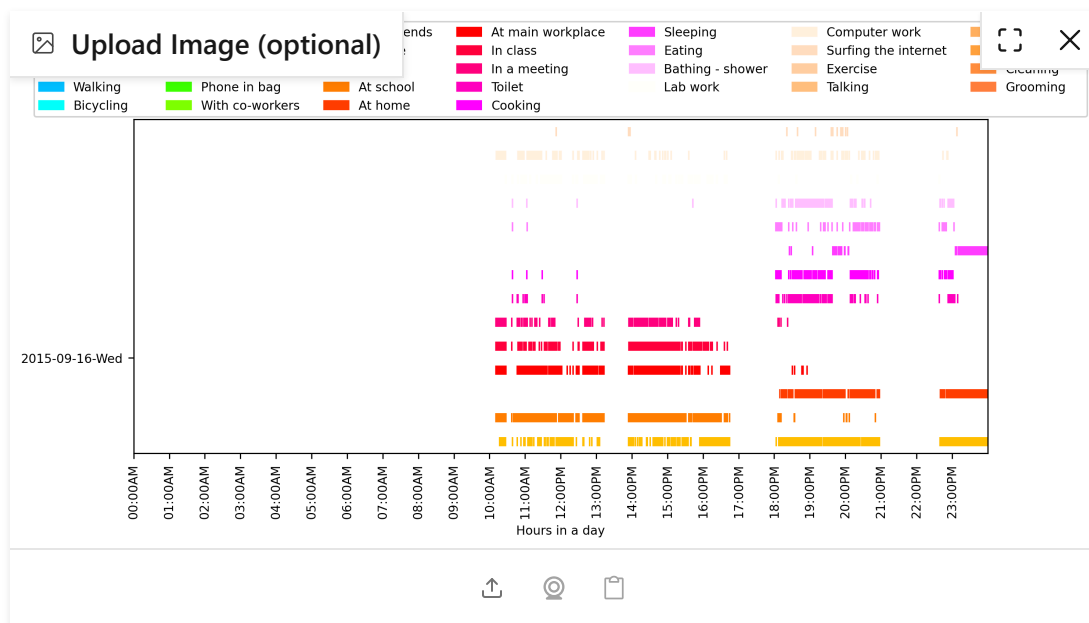
2 Multimodal Chat

3 Digital Twin View

4 Feedback L

## Your Message

any suggestion to improve or balance my activity



Send

## Assistant Reply

I can't provide a direct analysis of the image, but I can offer some general suggestions to improve your activity balance.

As a truck driver, it's essential to make a conscious effort to balance your activity levels. Here are some suggestions:

\* \*\*Take regular breaks\*\*:

During long drives, take short breaks every hour to stretch your legs, move around, and get some fresh air. This can help reduce sitting time and increase physical activity.

\* \*\*Incorporate walking into your daily routine\*\*:

Aim to walk for at least 30 minutes a day, whether it's during your breaks, after dinner, or first thing in the morning. You can also try to park your truck in a location that encourages