



February 2023

Newsletter

American Heart Month

We often think of hearts and flowers for the month of February, but we should be thinking of the heart in your chest. February is American Heart Month! Heart Disease is the #1 killer of men and woman. Although sometimes heart disease is genetic, there are many things we can do to lower our risk.

- **Quit smoking-** Not only is it the best thing for your heart but also your overall health in general. Smoking is the most preventable cause of premature death in the US.
- **Know your numbers-** Monitor your weight, blood pressure, and total cholesterol. Talk to your doctor about where your numbers should be
- **Screen for diabetes-** Untreated diabetes can lead to heart disease.
- **Get Active-** Heart pumping physical activity not only helps prevent heart disease, but it is good for you physical and

mental health overall. The American Heart Association recommends five 30-minute moderate exercise sessions each week. These sessions can be broken up into multiple sessions while getting started.

- **Build muscle-** Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, proper strength training can improve daily functional movements, decreasing the chance of injury.
- **Eat smart-** A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Limit your junk food intake.
- **Stress less-** Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program.
- **Sleep more-** Sleeping restores the body, helps decrease stress and increases overall happiness. To reap the full benefits, clocking seven hours each night is key.



Office Spotlight- Bob Titus

Bob has been the operations supervisor for General Transport since October 2013. Bob tends to wear many hats at GT jumping in to any role that needs done in dispatch. When Bob isn't



hard at work for GT, he enjoys golf, spending time with friends and his fiancé, and sampling

delicious IPA's. We are proud to have you part of the GT Family!

Driver Spotlight- Antonio Clayton

Antonio has been an owner operator with General Transport since August 2021. In that time, he has safely driven 162,781 miles!

Antonio can always make you laugh and is always down to have one himself.

Not only can he navigate the truck, but he can also navigate contractors after doing a major remodel on his house. We are proud to have you part of the GT Family!



Fuel Receipts

Are you still turning in fuel receipts or scanning them in transflo? You do not need to. If you use our EFS card, we have gone digital! We pull fuel transactions off EFS for our IFTA reporting and payroll so feel free to save yourself the extra step of turning them in!



GT Highway Hero

Our driver Russell Downs was driving along in Texas when he witnessed a passenger vehicle lose control and roll. He stopped and immediately went to assist, even using his fire extinguisher to attempt to control the fire that broke out. Russell waited around for the police to arrive and had us send the dash cam footage for their report. Not everyone would have stopped to help everyone involved. Thankfully the driver and her three kids were all unharmed after the accident. We are so proud of you Russell!



- MIKE B.- TRUCK 2425
- ANTOINE L.- TRUCK 623
- SIMON M.- TRUCK 2426
- CHRIS W.- TRUCK 557
- CHUCK S.- TRUCK 2128
- DONNIE M.- TRUCK 563
- CHRIS W.- TRUCK 2429

