



April 2025 Newsletter



Stressed? Take a Breath!

As a truck driver, spending long hours behind the wheel and dealing with tight schedules and constant road stress can take a toll on your health.

While you might not be able to control traffic or deadlines, one powerful tool is always at your disposal — breathing. Deep breathing isn't just about taking in oxygen; it's about activating your vagus nerve, which plays a critical role in reducing stress, improving digestion and supporting heart health.



The best part? It only takes a few minutes — and it can be done right from your driver's seat!

What is the vagus nerve and why should you care?

The vagus nerve is like the body's superhighway, connecting your brain to major organs like the heart, lungs and digestive system. When activated through deep breathing, the vagus nerve signals your body to shift from a stressed-out "fight or flight" mode to a calm and relaxed state.

For truckers, this means:

- *Lower blood pressure*, which helps prevent hypertension and heart issues
- *Less stress & anxiety*, which promotes a calmer, more focused drive

- *Better digestion*, which reduces acid reflux and improves gut health
- *A stronger immune system* to boost resilience against illness



- *Improved sleep*, which helps combat fatigue and promotes restful nights

A simple deep-breathing exercise for truckers

Try this *Deep Belly Breathing Exercise* the next time you're parked or on a break:

1. Sit comfortably with your hands on your belly.
2. Inhale deeply through your nose for 4 seconds, expanding your belly.
3. Hold the breath for 4 seconds.
4. Exhale slowly through your mouth for 6 to 8 seconds, deflating your belly.
5. Repeat 5-10 times, feeling the stress melt away.



Pro Tip: Pair this exercise with your pre-trip inspection or fuel stops to make it a habit!





- JOHN B.- TRUCK 764
- KEN B.- TRUCK 758
- BRUCE D.- TRUCK 766
- SCOTT F.- TRUCK 579
- BILL J.- TRUCK 757
- DOROTHY M.-TRK 763
- DAVID P.- TRUCK 762
- CARL S.- TRUCK 605
- LORENZ Z.- TRUCK 756



Spotlight Driver- Gary Reitler

Gary Reitler has been an owner operator for General Transport for 7 years with 2 terms of service. Since returning, he has been a dedicated truck servicing a great customer! When Gary is not behind the wheel of his semi, he is behind the wheel of his Monte Carlo or his bike. Trucking has always been in Gary's blood as his father and 3 brothers were truck drivers or mechanics with a body and paint shop.

We are proud to have you as part of the GT Family!



Adding on to General Transport

As most of you know, General Transport has recently acquired a trucking company local to the Akron area. This merger will add 11 drivers, 13 trucks, 26 trailers, and more freight! If you see a driver in a red Freightliner, make sure you welcome them aboard!

On that same note, we will need your assistance bringing the trailers here to the yard. Our shop and safety has done a great job getting the trucks transitioned to GT, but the trailers are always moving targets. We are fully compliant in the meantime so do not worry about that!

Happy Retirement Harry!

