



# January 2026

## Newsletter

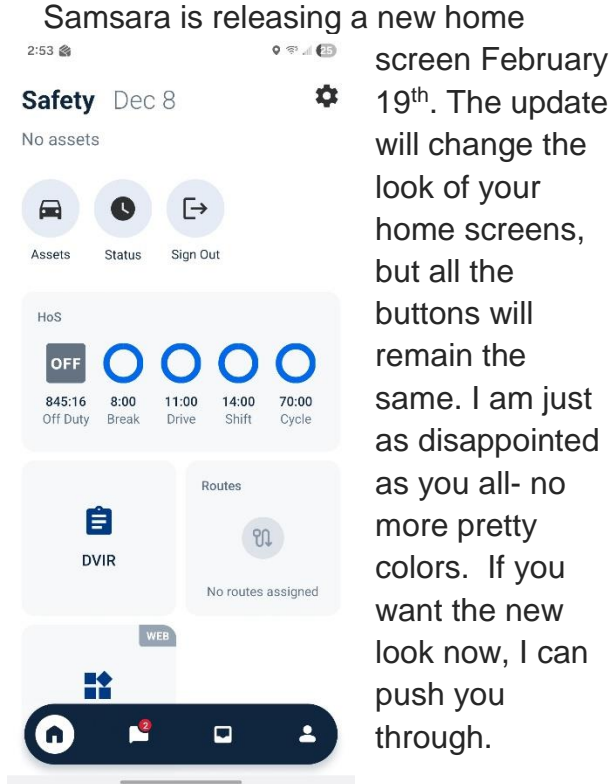
### How to Get Healthier in the New Year

Many people have New Years' resolutions, but most do not stick to them. Making them smaller and easier to maintain can be the first step towards long term success. We all can afford to get a little healthier, in one way or another. Here are some helpful tips as a driver.



1. **Stay hydrated-** Not with sugary drinks or coffee... water. I have a 40 oz water bottle that goes everywhere with me- If it is around, you are more likely to drink it!
2. **Eat healthy-** Planning ahead and loading the truck up from the grocery store is your best bet. Not only for the healthier choices but also for the wallet.
3. **Take a Vitamin-** Being on the go, you may miss essential vitamins and nutrients. Try incorporating a multi-vitamin to boost your immune system.
4. **Prioritize sleep-** Easier said than done in your occupation. Make sure you have a dark quiet bunk removing distractions and striving for at least 7 hours.
5. **Exercise Regularly-** It may not be possible to hit the gym every day, but making one positive step to increase your movement is progress. Park one further spot away, walk a few laps around a safe yard when you are getting loaded. Put a few dumbbells in your cab.
6. **Avoid Stimulants-** Try to avoid coffee and energy drinks. Heavy reliance on these drinks will take a toll on your health, whether that is dehydrating you or giving you only short bursts of energy when what you really need is rest. A good alternative is green tea.
7. **Limit or cut out junk food-** A good tip is keeping snacks out of reach so you are not tempted to aimlessly snack while driving.
8. **Eliminate or minimize nicotine usage-** Even if you cut back one cigarette a day, you are making a healthier choice than you did yesterday!
9. **Manage Stress-** like taking breaks to stretch and breathe fresh air, listening to your favorite music or podcasts, or practicing meditation or yoga.

## New Face- Same Buttons



screen February 19<sup>th</sup>. The update will change the look of your home screens, but all the buttons will remain the same. I am just as disappointed as you all- no more pretty colors. If you want the new look now, I can push you through.

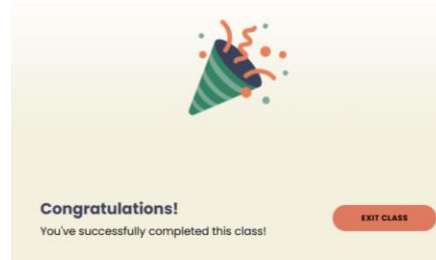


- ANTHONY C.- TRUCK 766
- STEVEN K.- TRUCK 627



## Tenstreet Training

Please make sure you are hitting exit once you have completed your monthly training. The system does not mark you complete until then. Last month I logged in and pushed over 20 of you over. Unless you'd like unnecessary nagging from me in the future, please hit exit. moving forward.



## Spotlight Driver- Bernard Patterson

Bernard has been a regional driver for General Transport since December 2024. Bernard had an interesting resume, in addition to being a CDL driver, he was also a science teacher. His patience is still tested out on the road just like it can be in the classroom. He always has a positive attitude and is always polite.

When Bernard is not behind the wheel of the GT truck, he enjoys spending time with his fraternity brothers and friends. We are glad to have you as part of the GT Family!

**\*\*Don't Forget- Check those stickers on trailers and trucks. Trailer expirations expired 11/2025 and IFTA stickers need to be on before March 1<sup>st</sup>. \*\***

