



January 2025 Newsletter

Preventing Heart Disease

Although next month is the heart holiday, it is important to give your actual heart some attention. If you have not heard, we have had a string of heart procedures done through the GT Family the past 6 months.

Heart disease is a leading cause of death. You cannot change some risk factors for it, but you can take plenty of other steps to lower your risk of heart disease.

- 1- **Don't smoke or use tobacco-** One of the best things you can do for your heart is to stop smoking or using smokeless tobacco. Even if you are not a smoker, be sure to stay away from secondhand smoke. Chemicals in tobacco can damage the heart and blood vessels.
- 2- **Get moving-** Aim for 30-60 minutes of daily activity.
- 3- **Eat a heart-healthy diet-** Easier said than done, but try to stick to heart healthy



food options. Fruits, veggies, beans, lean meats, fish, low-fat dairy foods, whole grains, and healthy oils like olive and avocado.



- 4- **Maintain a healthy weight**
- 5- **Get quality Sleep-** People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression. Most adults need at least seven hours of sleep each night.
- 6- **Manage stress-** You can boost your health by finding other ways to manage stress. Healthy tactics include physical activity, relaxation exercises, mindfulness, yoga and meditation.
- 7- **Get regular health screening tests-** monitor your blood pressure, cholesterol, and type 2 diabetes.
- 8- **Take steps to prevent infections-** see a doctor and dentist regularly

Spotlight Driver- Steven Emery

Steve has been a regional driver for General Transport since January 2020. As Steve rounds off his 5th anniversary here, he has safely driven 625,956 miles. Not



only is he a phenomenal driver, but he is a phenomenal person as well. When

he is not behind the wheel, you can find him tinkering on one of his collector cars, or hanging out with his brother, neighbor, and friends. We are proud to have you as part of the GT Family!



- BERNARD P- TRUCK 607
- MIKEL F.- TRUCK 2457
- TROY G.- TRUCK 2458



The ISS Score Jump

The Inspection Selection System (ISS) is used by DOT to determine if your truck needs inspected. 0-50 is optional, 50-75 is recommended inspect, and 75+ is mandatory.

As you know, we had a string of not at fault accidents in a short period. The records make all accidents preventable until proven otherwise. Of course, it is never that easy. Our ISS score went from 36 to 59 because of this.

We have successfully won 2 of the 4 so far and they have been marked not preventable and the score should be coming down. CSA updates these numbers monthly so we will see a decrease next week. As we are all waiting for things to process, please be patient and courteous. The inspection bonus is still in place, so the officers doing their jobs are just looking to give you a little extra money. ☺

IFTA Stickers need to be on the truck and new permit inside the book by March 1st

