

WELLNESS NEWSLETTER



TIRE RACK *WELLNESS WORKS*

energize, empower, encourage

THANK YOU FOR ALL THAT YOU DO

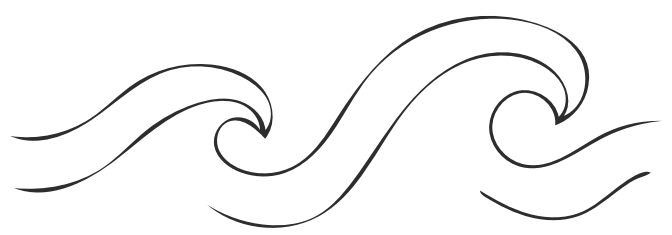
THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!



SAM'S SEGMENT

**"AUGUST IS THE BRIDGE BETWEEN SUMMER
AND AUTUMN - BETWEEN HOW THE YEAR HAS
BEEN AND HOW THE YEAR WILL END"**

Last Month's Happenings



Team C1

Team C1 hosted their annual beach trip for employees and their families - from fun in the sun, to snacks and even s'mores. Great job, C1!



Team F1

Team F1 hosted a fun family Summer BBQ!



Team GA

Team GA hosted a month long Back to School Supply Drive for a local elementary school in need of assistance. Great job Team GA, and special shoutout to their Office Manager Amber Smith!

In addition, the Team enjoyed a taco bar from Chipotle together!



Team SL

Team SL hosted a fun family Summer BBQ!



Team CT

Team CT hosted their annual Summer Party!



Team MN

Team MN hosted a fun family Summer BBQ and enjoyed some cool treats!



Team DE

Team DE enjoyed some cool treats from a local ice cream truck, doesn't it look great?!



Team SB

The SB Warehouse got to enjoy a tasty treat thanks to their local Kona Ice Truck!



A decorative illustration of a hanging basket with a yellow and orange zigzag pattern, filled with green heart-shaped leaves.

Unity Gardens Volunteer Event

Join us on Saturday,
July 20th from 9-11AM

[Sign-Up Here!](#)



LaSalle Square
3701 Prast Blvd
South Bend, IN



July's Volunteer Initiative was all about Community Gardens - our SB Team got to get their hands dirty with a local non-profit in IN!





ANNUAL HOMELESS CARE KITS INITIATIVE

On a single night in 2023,
roughly 653,100 people - or
about 20 of every 10,000
people in the US - were
experiencing homelessness



Care Membership

Care for all you love

Nanny quit? House a mess? Finding the right care for your family can be hard, especially when you're balancing the demands of work and life. We make it easier with unlimited access to the world's leading network for finding and managing care for kids, adults, pets, home, and more.



How It Works

1

Log in to your account online or through the app.

2

Search caregiver profiles, post a job, schedule interviews and request background checks.

3

Once you're ready to hire, easily schedule and pay your caregiver on Care.com.

“Care.com has given me the flexibility to find care providers to meet the unique needs of my family.”

— Care Membership User



100%

of caregivers complete background check

Enroll or login to find care today
www.care.com/yourbenefits



TIRE RACK®

Meet Remi



Stacey “Remi” is the Senior Benefits Specialist. Remi was born and raised in Mishawaka, Indiana and joined Tire Rack in late 2022. She has a background in Benefits, HRIS and 15+ years in the medical industry. She is eager to learn and grow with the Tire Rack team. In her free time, she enjoys reading, watching Turkish dramas, and spending time with her family.

Meet Eunice



Eunice joined Tire Rack as the Benefits Assistant in October 2022. She was raised in Burbank, California. She is enthusiastic about her role and looks forward to furthering her career with the company. Eunice is passionate about helping both newly eligible and long-term employees enroll in and understand their benefits. Outside of work, she enjoys traveling, carne asadas, and spending quality time with her husband, friends, and her cats, Beasley & Ellie.

Meet Bianca



Eneida “Bianca” is our Work Comp & Risk Management Assistant Manager. She was born and raised in Brooklyn, New York. Bianca joined Tire Rack with 8+ years of experience in Risk Management, Safety & Workers Compensation. She is super excited to have the opportunity to learn and share the skill set she brings to the HR department. In her free time, she enjoys watching MMA, crafting, and cooking.



DO YOU WORK AT A REMOTE DC?

An HR team member will be coming to you in the next few months to discuss benefits - make sure to say hi!



DID YOU KNOW?

Did you know that Empower hosts monthly educational webinars, covering a new topic each month? Look out for an email from the Benefits team next week with more details.

HEAT STRESS Hydration

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration.

Urine
Color
Test

WELL
HYDRATED

HYDRATED

DEHYDRATED
Drink water!

SEVERELY DEHYDRATED
Drink water immediately!

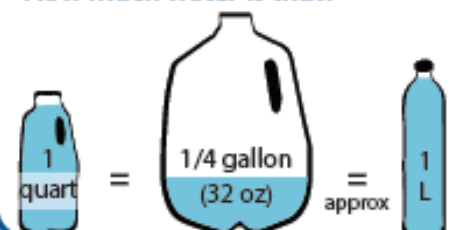
Hydrate *Before* Work

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

Hydrate *During* Work

- Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
 - This translates to $\frac{3}{4}$ –1 quart (24–32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

How much water is that?



Hydrate *After* Work

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones.



THE WINNERS ARE...

The 2024 Spare Tire Contest: **974 participants** – 305 on teams, 553 individuals, and 116 maintain

Total Weight Lost: 4,857 pounds – Equivalent to almost 221 tires

Year Over Year: 1087 participants and 5,475 pounds lost in 2023, same average weight loss per participant in 2024

TEAMS

- 1st Place** C.R.E.A.M. (Calories Rule Everything Around Me), TXH - \$200 each
Daniel Molina, Felix Gomez, Nicolas Gomez, Quintin Jones, Robert Sanchez
- 2nd Place** Top Heavy, MIA - \$150 each
Anton Krause, Christopher Thomas, Connor Putman, Joseph Ludwig, Matthew Tate
- 3rd Place** Torta Lovers, TXD - \$100 each
Ivan Ortega, Jason Morris, Jeremy Alcantara, Matthew Hall, Noah Hundley
- 4th Place** Jiggly Joggers, Corporate - \$75 each
Aleksandar Temovski, Jacob Ili, Jake Johnson, Matthew Fyffe, Taylor Arnold
- 5th Place** Too Tight, Can't Breathe, Corporate - \$50 each
Beverly Hicks, Jay Westberg, Karen Hayes, Kristy Medina-Ku, Paul Heinrich

INDIVIDUALS

- 1st Place** Zachary McKinney, COD - \$ 200
- 2nd Place** Elise Malin, AZO - \$ 150
- 3rd Place** Bryant Boyd, WAS - \$ 100
- 4th Place** Sean Waldrep, INI - \$ 75
- 5th Place** Kellie Wilson, AZO - \$ 50

MAINTAIN

- Katherine Coscarelli, NMA - \$300
- Steven Plevel, AZP - \$300
- Dawson Bowcut, UTS - \$300

Winners were paid in May following Initial Weigh-In

Team and Individual winners will receive their payouts via direct deposit on Friday, July 26

CONGRATULATIONS WEEKLY WEIGH-IN WINNERS

*Raffle winners were drawn weekly from those who submitted their weight for that week
Gift card redemption instructions were sent weekly to the email address used to register for the Contest*

CONGRATULATIONS FINAL WEIGH-IN WINNERS

YETI LUNCH BAGS: Jack Singleton, Kyle Nord, Juan Contreras (MOS), Myiesha Smith, Amar Challa, Jason Stine, Kurt Palm, Marianne Adams **ZEN KITS:** James Anderson, Taylor Heiner, Pamela Travis

ICOOL EXTREME COOLER: Rachael Strimaitis, Dustin Dill **DIFFUSER KITS:** David Bird, Andrew Shriver, Melody Moody, Carlos Martinez (AZP), Richard Conner, Christopher Lopez (AZO), Lakshmi Chilukuri, Chris Spahr **MASSAGE GUNS:** Armando Avila, Dave Wenisch, Jorge Cruz Silva, Jamie Clark, Justin Gleason, Sarah Christopher, Corinna Greinke, Rogelio Mejia Hernandez **DUFFEL BAGS:** Matthew Mendez, Jose Contreras (AZP), Kimberly Rexing-Mester, Drew St Thomas, Logan Heagle, Christopher Wychules, Andrew Goodwin, Collin Koenig **RTIC DAY TRIP COOLER:** Ethan Stoen

Raffle prizes will be delivered to winners by August 9

T B H O U T O H L G H S W E G
 T R O A V E L L T H E W W O L
 T T R A L D A O D V V I C E A
 S E N R T B T O I F A M A N D
 E T I E E I H N E D C M M I I
 V T O S M I N C S H A I P H O
 R E A D K G A G R K T N I S L
 A B B I I N U E E A I G N N U
 H U N T O R I A P F O T G U S
 U G L E W L E E M U N S H S E
 T C I A E R R P Y I T W I R T
 H N U V G N I B M I L C I S O
 G B A R B E Q U E R W F E F I
 N R C O N F A B U L A T E D I
 T T N O T B F I S H I N G L L

Augment
 Barbeque
 Baseball
 Boating
 Camping
 Canoeing
 Climbing
 Confabulate
 Fire
 Fishing
 Gladiolus
 Harvest
 Hiking
 Hot



Kith
 Peridot
 Perseid
 Sunshine
 Swimming
 Travel
 Vacation



The **Perseid meteor shower**
 is one of the best shooting
 star displays of the year,
 and **is peaking around the**
night of 12th and before
 dawn on the 13th?



GLOBAL SLEEP UNDER
THE STARS NIGHT IS 8/8



Bruschetta Chicken

Ingredients

- 4 Tbsp. extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- 1 tsp. Italian seasoning or dried oregano
- 4 boneless skinless antibiotic free chicken breasts, pounded to even thickness
- 3 slicing tomatoes, chopped
- 2 cloves garlic, minced
- 1 Tbsp. freshly chopped basil
- 4 slices mozzarella
- Freshly grated Parmesan, for serving

Step 1

In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper, and Italian seasoning (or oregano) and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes.

Step 2

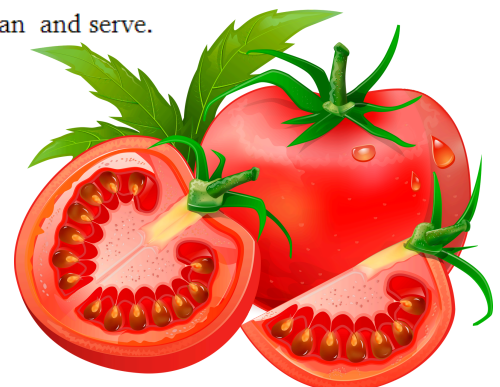
Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temperature of 155°-160°, about 5 to 7 minutes per side.

Step 3

Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, and season with salt and pepper. While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes. Top chicken with tomato mixture.

Step 4

Garnish with Parmesan and serve.



WHAT'S IN SEASON *In August*

This will vary depending on time of the month and where you live.

Apricots	Green beans
Bell pepper	Green onions
Beets	Kiwi
Berries	Mangoes
Cantaloupe	Nectarines
Chard	Peaches
Cherries	Plums
Corn	Scallions
Cucumber	Summer squash
Eggplant	Tomatoes
Fennel	Watermelon
Figs	Zucchini
Grapes	

Get ready for back-to-school

Preparing for a new school year can be stressful, but you don't have to navigate the transition alone

Homework, after-school activities, making new friends and more can make heading back to school challenging for both parents and students. But, with early planning and effort, you and your children can start the school year with ease.

SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



Download
the mobile
app today!



888-881-5462



supportlinc.com
group code: [titerack](#)

COMEDY CORNER

Do fish go on vacation?
No, because they're always in school!

What does a bee do when it's hot?
He takes off his yellow jacket?

Why do bananas use sunscreen?
Because they peel!

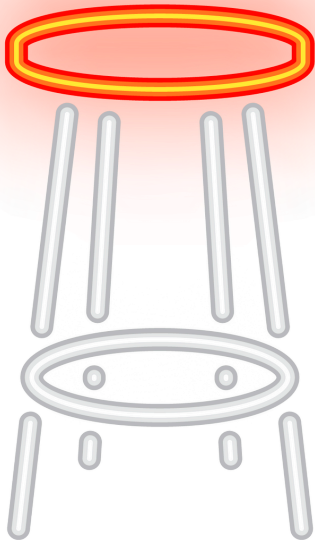
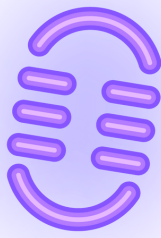
What do you do if you get rejected
from a job at a sunscreen factory?
You reapply!

When do you go at red and stop at
green?
When you're eating watermelon.

What do ghosts like to eat in the
summer?
I Scream!

What kind of tree fits in your hand?
A palm tree!

How do we know that the ocean is
friendly?
It waves!



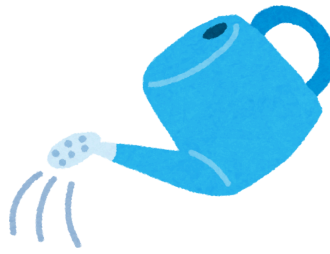
TIRE RACK
.com

Want some more
laughs?
Make sure to follow
@tirerack
on all socials - scan
the QR code!



Team F1

F1 is creating a pallet garden for employees to be able to take a break and learn more about plants together!



Team CT

CT is throwing their Annual Hawaiian Shirt Day - equipped fully with snow cones from Kona Ice!



WHAT'S HAPPENING IN AUGUST?



Team SB

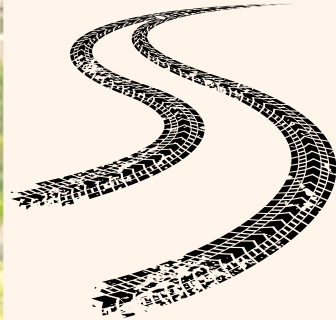
South Bend is hosting an End of Summer Cookout for employees and their families

Team DE

DE is hosting their End of Summer Roller Skating Party!



EMPLOYEE SHOUTOUT



Dylan Herthoge

Dylan has worked for the last year as a rising member of our Development Team and was nominated for the August Employee Shoutout!



“Absolute Rockstar, total coding machine. Faster than lightning, quicker than a whip, kinder than most, frisbees like an animal, climbs like a mountain goat, and fun as heck to work with”

Keep up the great work, Dylan!



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

SCAN THE QR CODE

