

WELLNESS NEWSLETTER



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

THANK YOU FOR ALL THAT YOU DO

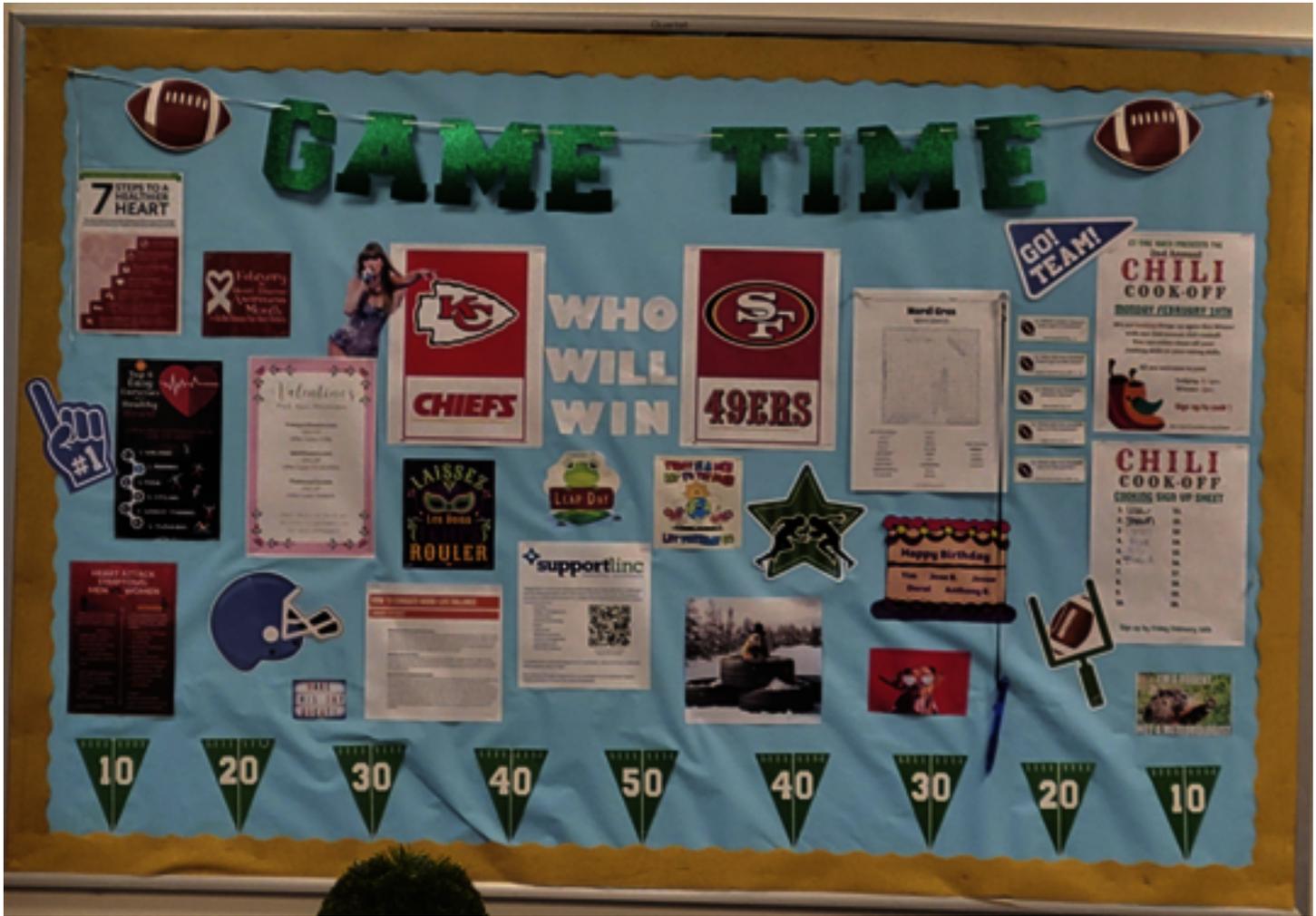
THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!



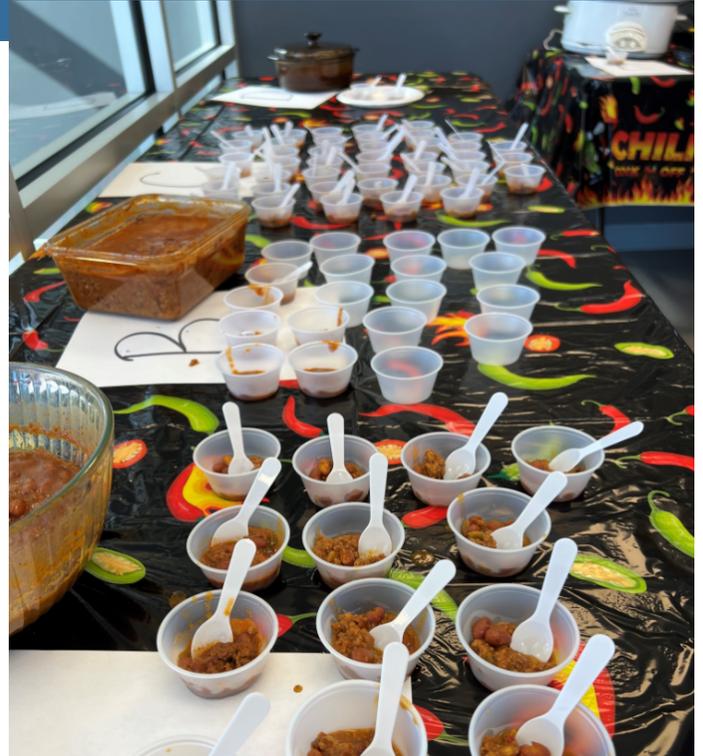
FEBRUARY'S EMPLOYEE TREAT

IN HONOR OF VALENTINE'S DAY, EACH LOCATION PROVIDED A BREAKFAST TREAT FOR THEIR TEAMS - FROM PACZIS AND DONUTS TO CHIK-FIL-A SPREADS GALORE - NEEDLESS TO SAY WE HOPE YOU ENJOYED! CHECK OUT TEAM SE'S HOMEMADE SPREAD - GREAT JOB MARISSA AND SAMANTHA!





LOOK WHAT'S BEEN COOKING IN CT



**CONGRATULATIONS TO THE WINNERS:
KENNY S, ANGEL A AND SHAWN L -
GREAT JOB TEAM CT!**

CT TIRE RACK PRESENTS THE
2nd Annual
CHILI
COOK-OFF
MONDAY FEBRUARY 19TH

We are **heating** things up again this Winter with our 2nd annual chili cookoff. You can either show off your cooking skills or your eating skills.

All are welcome to join!

Judging: 12-1pm
Winner: 3pm

Sign up to cook !

See Lisa if you have questions



FEBRUARY'S VOLUNTEER INITIATIVE

Employees across the country shared their love for animals in February by donating to local shelters and even volunteering their time to help out at a "Big Event!"



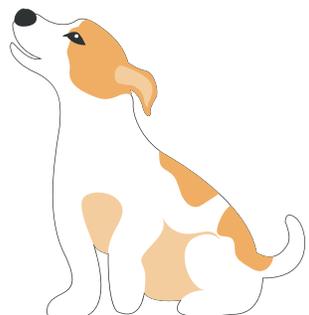
Join us in collecting donations for the Windsor Animal Shelter

Scan the QR Code to see their Amazon Wish List!

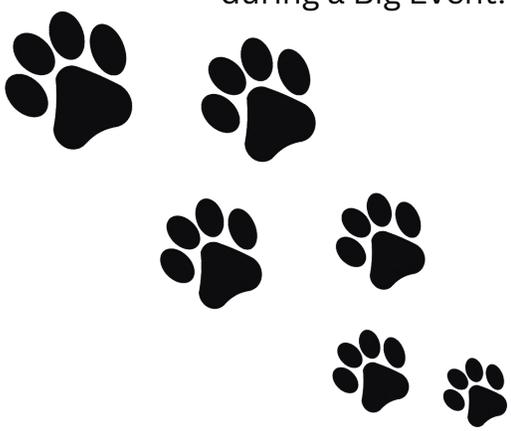


BUILDING A SAFE WORLD FOR ANIMALS & PETS

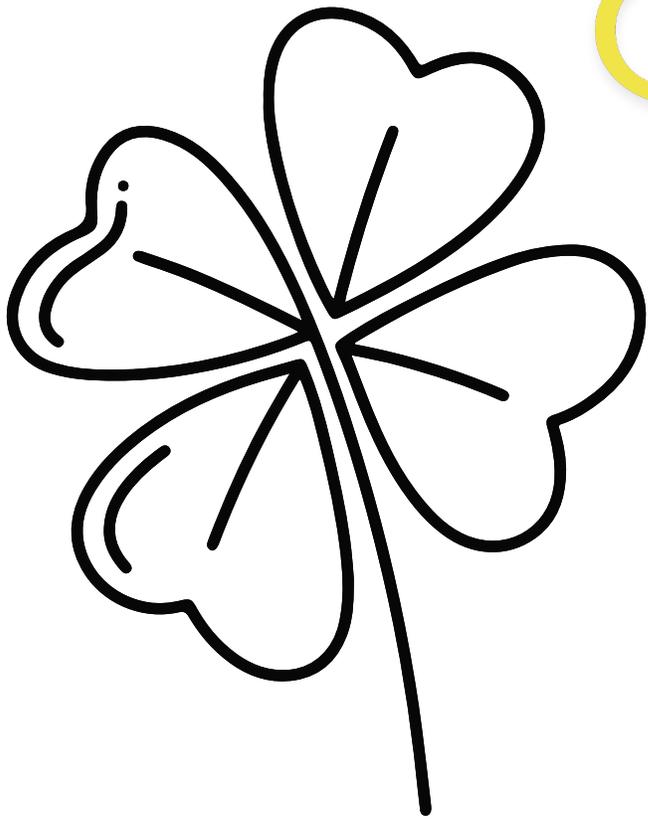
Join us on Saturday, 2/24 from 10AM-12PM for a Volunteer Orientation at the South Bend Humane Society



As a "thank you" for your efforts, Tire Rack will donate \$100 to local charities for each employee that volunteers during a Big Event!



COMING SOON



SPRING FORWARD
Set your clocks ahead one hour
Sunday
March 10, 2024

WHAT'S HAPPENING IN MARCH?



Follow EWP emails for further details on our volunteer initiative this month!

COMEDY CORNER

What do bees wear in the rain?
Their yellow jackets.

If April showers bring May
flowers, what do May flowers
bring? Pilgrims.

Do you know which chore sucks
the most? Vacuuming.

Why did the bird wear a mask to
the bank? It was a rob-in.



Lisa Gallipo has worked in our CT Warehouse Office since 2022 and has made a splash with the wellness program efforts there - whether she is challenging employees to count jelly beans for a prize, or she's setting up a Hawaiian Shirt Day fully equipped with a local snow cone truck, Lisa is always looking for fun and exciting ways to keep employees engaged and involved.



- 1 tbsp. vegetable oil
- 1 clove garlic, minced
- 1 tbsp. minced fresh ginger
- 1 lb. ground pork
- 1 tbsp. toasted sesame oil
- 1/2 onion, thinly sliced
- 1 c. shredded carrot
- 1/4 green cabbage, thinly sliced
- 1/4 c. low-sodium soy sauce
- 1 tbsp. sriracha
- Kosher salt
- 1 green onion, thinly sliced
- 1 tbsp. toasted sesame seeds

EGG ROLL IN A BOWL RECIPE



EMPLOYEE KUDOS





HEALTHY HABITS



April Buck, RN provides Nurse Navigation for complex medical issues!
April Buck, R.N., BSN, CCRN
april.buck@discounttire.com
(574) 287-2345 ext 4851



Couch to 5K Training Plan

Week 1	Week 2	Week 3	Week 4	Week 5
1 Walk ½ mile	8 Rest	15 Core	22 Rest	29 Rest
2 Stretch	9 Run ½ mile, Walk 1 mile	16 Run 1 mile, Walk 1 mile	23 Run 2 miles, Walk 1 mile	30 Rest
3 Walk ½ mile	10 Rest	17 Rest	24 Rest	
4 Rest	11 Run ½ mile, Walk 1 mile	18 Walk 2.5 miles	25 Run 2.5 miles, Walk 1 mile	
5 Core	12 Stretch	19 Stretch	26 Stretch	
6 Walk 1 mile	13 Walk 2 miles	20 Core	27 Core	
7 Stretch	14 Stretch	21 Run 1.5 miles, Walk 1.5 miles	28 RACE DAY! Run 3.1 miles	

Get more exercise plans on [nbcnews.com/better!](http://nbcnews.com/better)
BETTER



DID YOU KNOW?

VIA SUPPORTLINC, YOU HAVE ACCESS TO HUSK - A MARKETPLACE THAT OFFERS PROGRAMS AND PRODUCTS, FROM GYM MEMBERSHIPS, TO VIRTUAL SUBSCRIPTIONS IN NUTRITION, FITNESS, PRE AND POST NATAL, HEALTH COACHING AND MINDFULNESS AND HOME EQUIPMENT?



Download the mobile app today!

1-888-881-5462

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

TOUR DE CURE



TOUR de CURE
American Diabetes Association

WE RIDE
to end diabetes.

2024 Tour de Cure: Arizona 56
Sunday, March 17, 2024
Goodyear Ballpark
1933 S. Ballpark Way
Goodyear, AZ 85338

Register Today!
diabetes.org/arizona56



An Independent Licensee of the Blue Cross Blue Shield Association



EXCLUSIVE TOUR DE CURE PRIZE DRAWING!
FOUR GREAT PRIZES FOR ONE GREAT CAUSE!

TICKETS \$5

SCAN THE QR CODE OR CLICK THE IMAGE TO BUY YOUR DIGITAL RAFFLE TICKETS! GOOD LUCK!

SIGN UP TODAY

3/17/2024

GOODYEAR, AZ



Can't make it to AZ but still want to participate? Scan the QR code to sign up to be a virtual rider!



NOTE FROM THE AUTHOR

Do you have a co-worker or employee who you wish to be mentioned in a future Employee Kudos section? Please email the information to EWP@tirerack.com



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