

# WELLNESS NEWSLETTER



## **TIRE RACK** *WELLNESS WORKS*

*energize, empower, encourage*

### THANK YOU FOR ALL THAT YOU DO

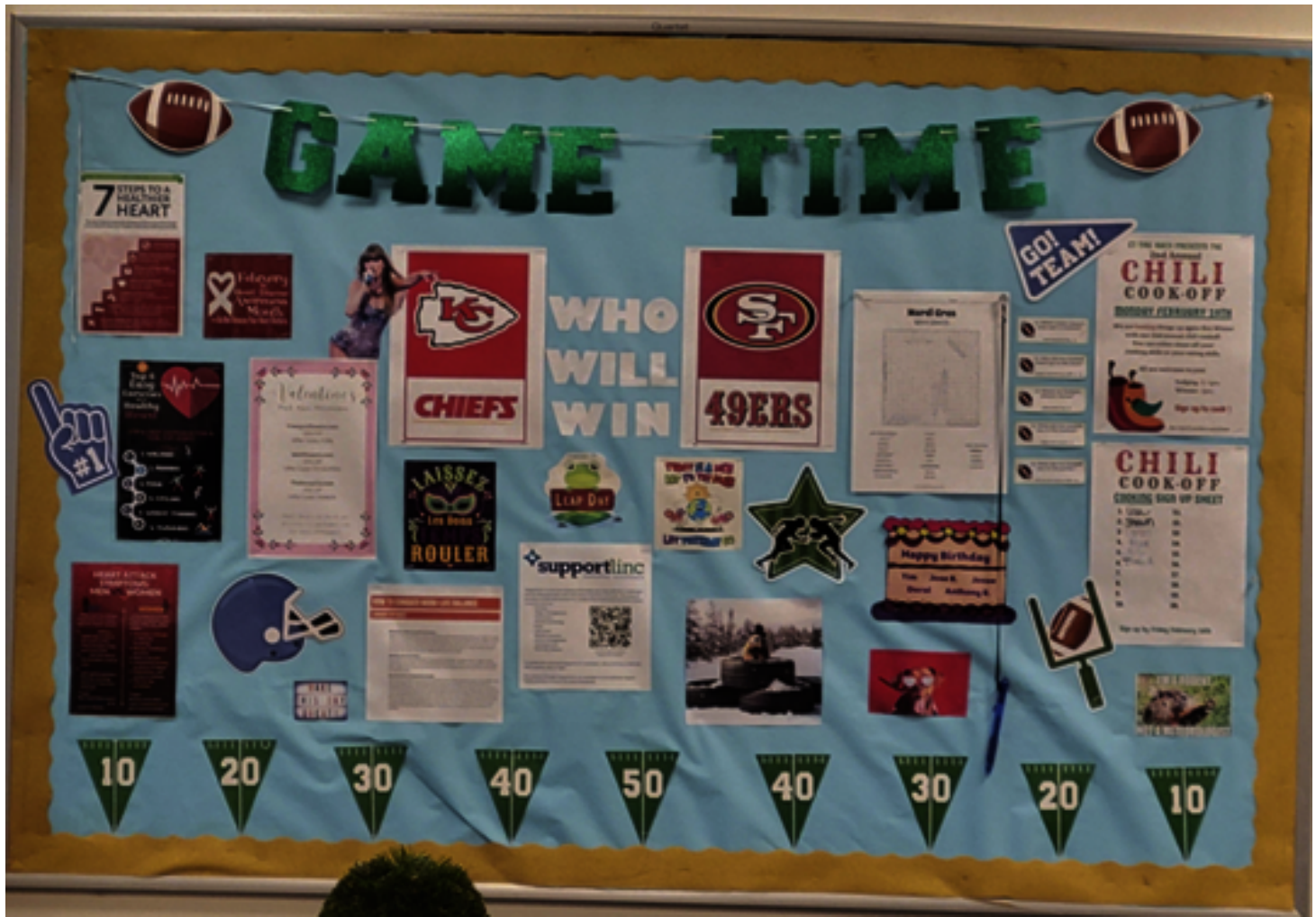
THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!



### 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



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



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



# 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!"



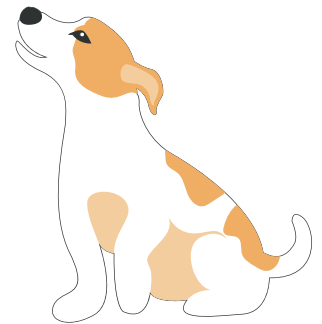
Join us in collecting donations for the Windsor Animal Shelter

Scan the QR Code to see their Amazon Wish List!



## BUILDING A SAFE WORLD FOR ANIMALS & PETS

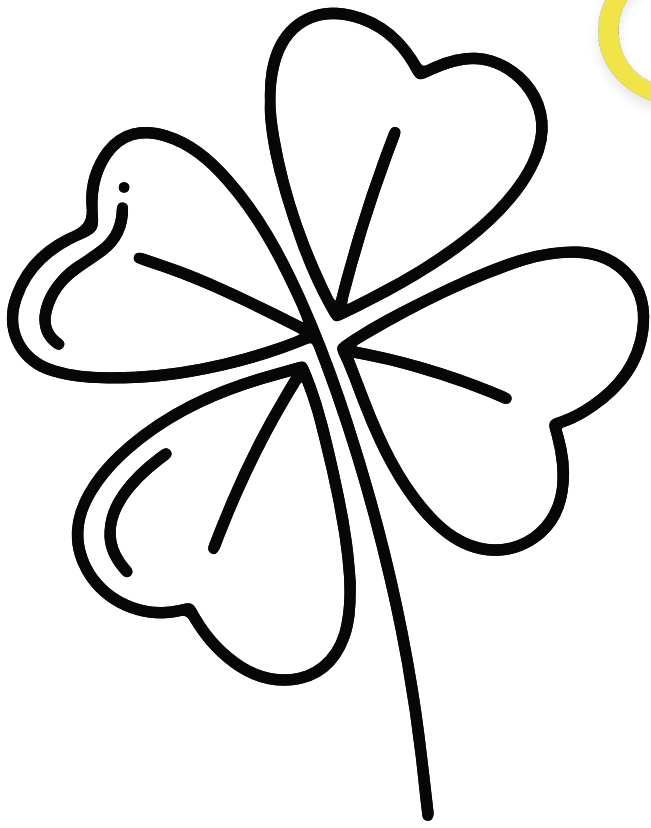
Join us on Saturday,  
2/24 from 10AM-12PM  
for a Volunteer  
Orientation at the South  
Bend Humane Society



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](mailto: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!

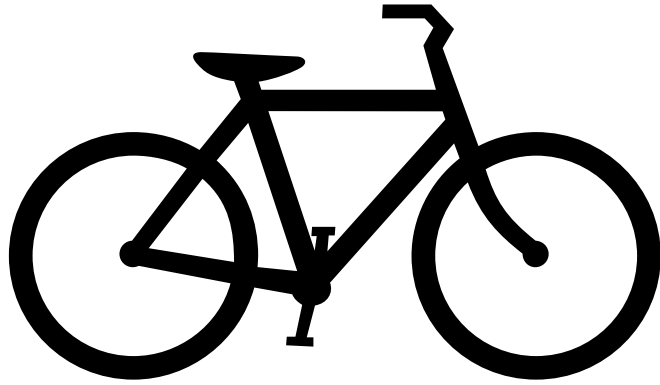


**1-888-881-5462**



**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](https://diabetes.org/arizona56)



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**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!**



TOUR de CURE  
American Diabetes Association



TOUR de CURE  
American Diabetes Association



TOUR de CURE  
American Diabetes Association



\*AZ Only

**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!

STATE  
BICYCLE CO.

MAVRIC  
ELECTRIC CYCLES

FIRMAN  
POWER EQUIPMENT





## 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](mailto:EWP@tirerack.com)



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