

Wellness Newsletter

THE TIRE RACK

JANUARY 2025



MEET OUR DISTRIBUTION CENTERS SERIES

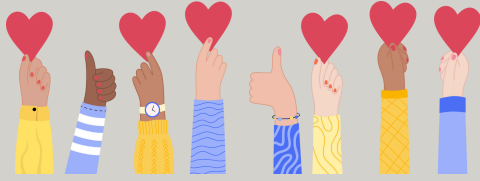


South Bend, Indiana

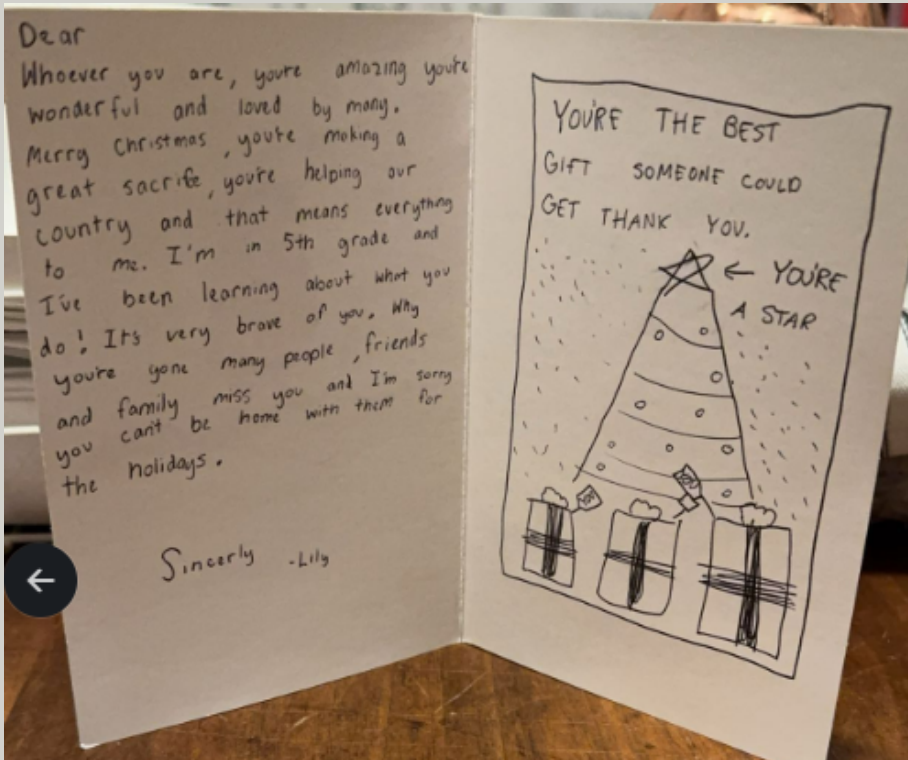
Opened in 2001 with 500,000 sq ft, the facility expanded by 130,000 sq ft in 2012, bringing the total to 630,000 sq ft by 2025. The warehouse serves as the start and finish for the One Lap of America race and is located next to the Annex Building and Tire Rack Campus.

The average employee tenure is impressive, and the first Tire Rack commercial was filmed there in 2009. Additionally, the warehouse hosted Dude Perfect videos in 2017 and 2018, which have garnered 101 million views on YouTube.

December's Volunteer Highlights



Members of our team in South Bend spent a Saturday morning packaging 942 meals for Cultivate Food Rescue!



846

Hand written cards and letters donated across all twelve locations - topping 2023's donations by over 100 cards!

Thank You





In January 2024, we launched **Tire Rack's Big Events: locally-focused volunteer opportunities that center a new community need each month.** We knew we were sharing this with the right people—our colleagues are well-known for their open hearts and commitment to service.

As expected, you answered the call and made the year brighter for our friends and neighbors. **In 2024, Tire Rack employees donated over 100 hours of their time, care, and hard work to community members in need!**

As promised in our launch message, we would like to show our support with our own gift: **the Tire Rack family is pleased to match this time contribution with a donation to the Bruce T Halle Employee Assistance Fund.**

What volunteer initiatives would you like to see in 2025?

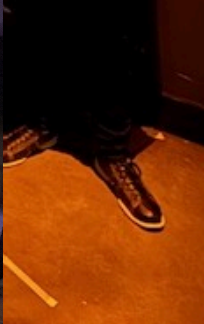
Email EWP@tirerack.com



What Happened Last Month?

From cookie decorating, to ugly sweater contests and holiday parties - each DC was spreading holiday cheer in their favorite ways!







Tire Rack Highlighted in Press Release for Ribbon Cutting of New Electric Terminal Trucks

On December 10th, Tire Rack officially unveiled their new electric terminal trucks with a ribbon-cutting ceremony at its South Bend headquarters. In partnership with Orange EV and Drive Clean Indiana, this initiative was funded through the Volkswagen Environmental Mitigation Trust, which subsidized nearly 75% of Tire Rack's costs, reducing expenses by over half a million dollars. As part of the project, the previous diesel terminal trucks were retired and scrapped to help prevent further emissions.

Tire Rack's efforts are contributing to improved air quality in St. Joseph County where the local population sits in the top 25% of individuals living with asthma. Two all-electric Orange EV trucks will reduce NOx emissions by nearly 23 short tons, addressing local health concerns and supporting Tire Rack's sustainability goals. The event also featured an EV test drive, giving local officials the chance to explore electric vehicle options on Tire Rack's test track.



2025

DRIVE TO BE HEALTHY

6 LITTLE CHANGES TO MAKE A BIG DIFFERENCE

Exercise

Hydrate

Get your rest

Manage your stress

Get Organized

Give up Nicotine: talk to April RN for resources to help you quit!

NEW YEAR, NEW YOU CHECK IN WITH YOUR PIT CREW

Visit your Primary Care Provider

Talk to April, RN if you need help finding a PCP

Don't forget to submit your annual physical affidavit for \$50

WHAT CAN YOU DO TO STAY ON TRACK

Set small realistic goals

Get an accountability partner

Use an app to track your progress like Fitness Pal

If there is anything we can do to help you in your journey to the healthiest version of you please contact April, RN April.buck@discounttire.com or 480-599-2649.



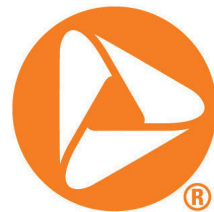
Financial Workshop:

Considering Home Ownership

Wednesday, January 8th @ 7PM EST



*Scan the QR code to
sign-up - can't make
it? Sign-up to view
the recording!*



PNC



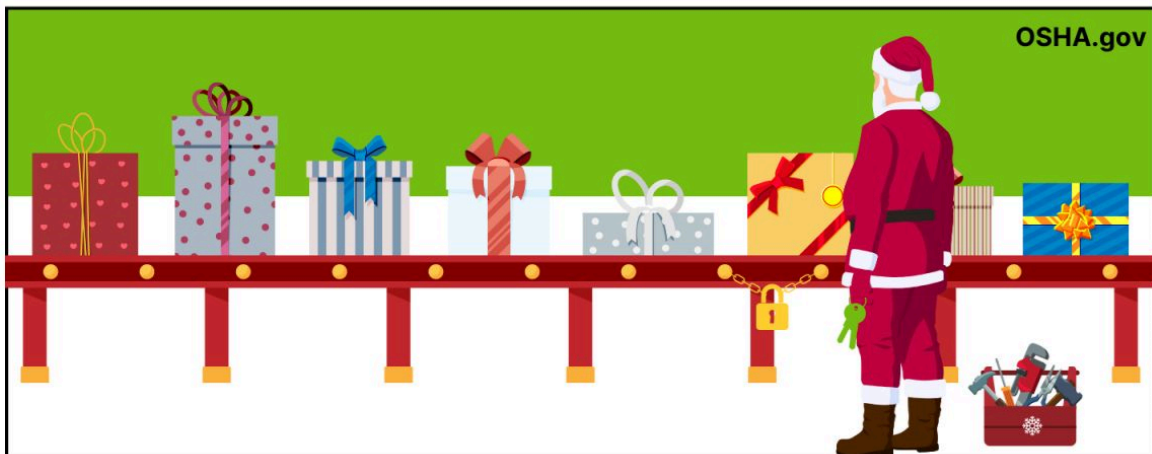
TIRE RACK
WELLNESS WORKS

energize, empower, encourage

Bianca's Safety Tips

Winter brings **increased hazards**, including slips and falls and winter driving risks. To stay safe, wear proper footwear, be aware of wet or icy surfaces, and clean up hazards promptly. **When driving in winter conditions**, ensure your vehicle is in good working condition, keep windows clear of condensation and frost, check tire pressure and tread, and carry emergency supplies. Always reduce speed in poor conditions and remain alert for pedestrians and animals. **Stay mindful of your surroundings** to prevent injuries during the colder months.

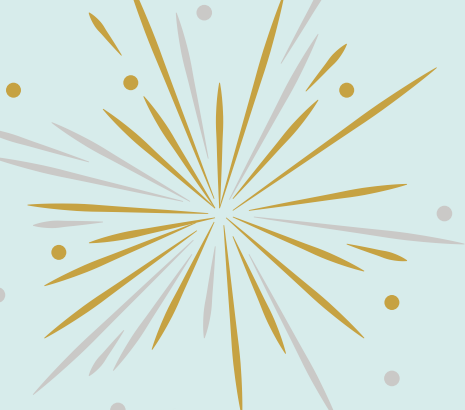
SAFETY IS ALWAYS IN SEASON



Always lock out equipment before performing any repairs.



**What did the stressed-out worker say
to the safety manager?
I need to decompress before I explode!**



2025 January

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

Sam's Segment

What is your "one little word" for the new year? Check out the word search above and let us know what the first word you find is - that's your "one little word" for 2025!



Here's to a happy and healthy new year!

Healthy, Blueberry, Muffins

The Pioneer Woman

Ingredients

- 3/4 c. all-purpose flour
- 3/4 c. whole wheat flour
- 1 c. quick-cooking oats, plus more for sprinkling
- 1 1/4 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/2 c. (1 stick) salted butter, melted and cooled
- 1/2 c. honey
- 2 large eggs, at room temperature
- 1 c. plain Greek yogurt
- 1 Tbsp. vanilla extract
- 1 c. blueberries
- 1 Tbsp. turbinado sugar, for sprinkling



Scan the QR Code
for the full recipe!



COMEDY CORNER

Why did Dad stop using his loyalty card
to scrape ice from his windshield?
He only got 10% off!

What do you call an old snowman?
Water.

What do mountains wear to stay warm?
Snowcaps!

How does a snowman get to work?
By icicle!

Why do birds fly south for the winter?
Because it's too far to walk!

What does a Starbucks employee's job
title change to in winter?
A brrrr-ista!

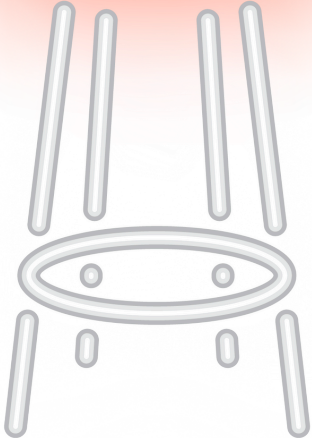
What did the wool hat say to the scarf?
You hang around while I go on ahead.

What does a gingerbread man put on his
bed?

A cookie sheet!

What's an ig?

A snow house without a loo!



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

Available
January 1

PLAN

Start your mental health journey

While caring for your mental health is essential year-round, the beginning of a new year is an excellent time to start working toward a healthier, happier you. Visit the Monthly Feature tile on your web portal or mobile app to take the first steps toward prioritizing your mental health.



Download
the mobile
app today!



1-888-881-5462



supportlinc.com
group code: [tirerack](https://supportlinc.com)

TIRE RACK
.com

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EMPLOYEE ASSISTANCE



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

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