

MARCH 2022

BETWEEN THE LINES

KELLY ANDERSON GROUP MONTHLY NEWSLETTER



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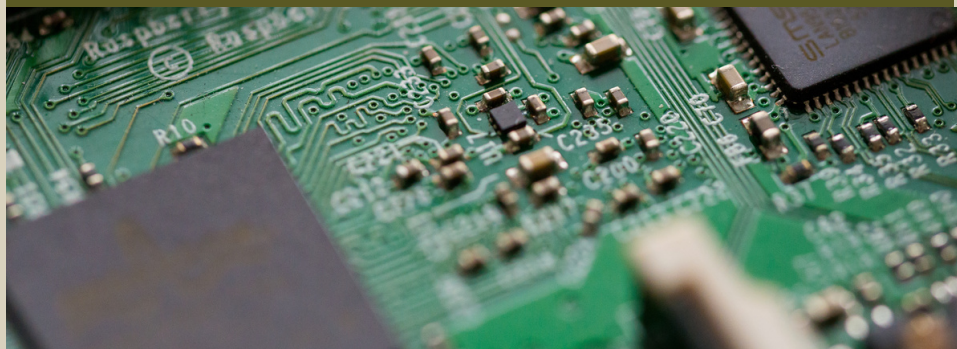
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Technology In Transportation

Technology is in almost all facets of everyday life. So it's no surprise it's commonly found in the trucking industry. From online safety training to route optimization, there's no question that technology is making the industry safer and more efficient.

Trailer Tracking Systems have been gaining traction on the market. This is an incredibly effective tool which helps with loss prevention!

Route optimization is another piece of technology that's becoming a "must". Route optimization systems find the most cost-effective route for a set of stops.



Exercising And Staying Fit On The Road:

Working long hours and being on the road makes it challenging to stay in shape. Here are some tips and tricks to practice while on the go!

- The benefits of regular exercise are nearly endless. Getting exercise and getting or staying fit helps both your mind and body. This will allow you to perform your duties at a much higher level.
- Truck drivers are more susceptible to weight problems and other health issues that result from a lifestyle that requires sitting in one place for extended periods of time. You should always couple your exercise routine with a proper diet.



- Regular exercise helps combat weight control and certain conditions and diseases like heart disease, high blood pressure, and "bad" cholesterol. Studies show that the risk of death is 30% lower in adults who perform at least some regular, physical activity.
- Any vigorous physical activity is beneficial to your longevity, both as a driver and as a human being. Generally, if it raises your heart rate and makes you sweat, it's exercise. As always, check with your doctor before starting any type of fitness program.
- Generally, for the average over-the-road (OTR) driver, you will be better off coming up with ways to get exercise on your own, rather than trying to find a gym or fitness center.

QUIZ: What percentage of trucking professionals are under the age of 24?

***Answer on last page*

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Team Member Spotlight



Name: **Lisa Kay Spaugy**

Position: **Final Mile e-Learning Support**

Length at Company: **2 years**

Quote: *"The friends I've made while working here have turned into family!"*



Answer: Only 4.9% of drivers are under the age of 24! While 29.3% of trucking professionals are between the ages of 45-54



"Don't just make an effort – make a difference!"



If you'd like to learn more about these topics, or any of our services, we'd love to hear from you!

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