

# CHANGING GEARS

Volume 1 / Issue 4



## FAST LANE FREIGHT SERVICES / LANE LOGISTICS

### TOP RUNNERS

#### OWNER/OPERATORS

October: IGOR

November: JAGWINDER

December: ED

#### COMPANY DRIVERS

October: JOHN G.

November: BENNY

December: BENNY

#### THANK YOU!



Welcome to our fourth issue, the winter edition of 'Changing Gears'. This issue is dedicated to health (physical and mental). If you have anything you would like to see or contribute, including pictures, jokes or stories (nothing racist, sexist or homophobic) please forward to Kali at [kali@lanelogistics.com](mailto:kali@lanelogistics.com)



**This will be last issue as Fast Lane Freight/Lane Logistics as we will be formally merging both companies as of March 31, 2018**



*"Put your freight on the Fast Lane"*

### DARREN'S CORNER/PAGE

Welcome to our 4<sup>th</sup> edition of changing Gears. This edition is dedicated to health and wellness. The following pages have some great ideas and exercises to help so I encourage you to read further.

We start the New Year off with some driver vacancies. So to help with Darren's health and wellness (lol) I encourage you all to bring forth any drivers you may know looking for work. A finder's fee will apply to the individual whom recommended someone for the driver's position and that person has stayed on for at least 30 days.

Just a heads up to a great article written on the company in Truck West magazine in January's edition. Please follow the link below or check out our Facebook page

<https://www.trucknews.com/digital-edition/truck-west/>

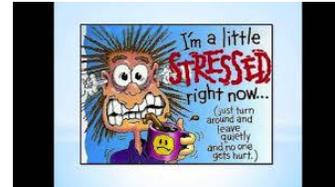


*Darren Lane, President & CEO*

Fast Lane Freight Services, Inc &  
Lane Logistics, Inc

## Mental health

Learn the warning signs and symptoms of stress



### COGNITIVE

- Memory problems
- Inability to concentrate
- Poor judgement
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

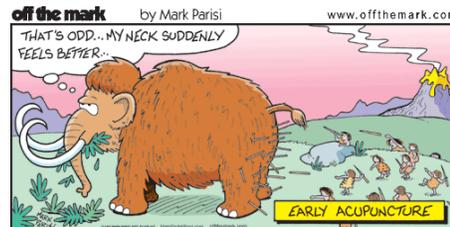


### EMOTIONAL

- moodiness
- irritability or short temper
- agitation, inability to relax
- feeling overwhelmed
- sense of loneliness or isolation
- depression/general unhappiness

### PHYSICAL

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds



### BEHAVIOURAL

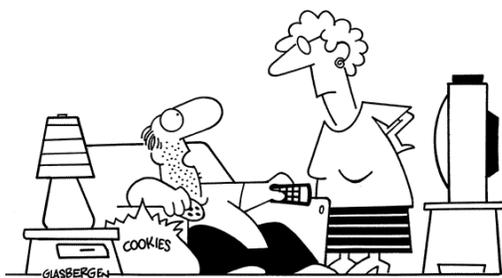
- eating more or less
- sleeping too much/too little
- isolating yourself from others
- procrastinating
- using alcohol, cigarettes, or drugs
- nervous habits (e.g. nail biting)

IF YOU ARE FEELING ANY OF THESE SYMPTOMS YOU NEED TO TAKE CARE OF YOURSELF

- Exercise daily
- \* Eat nutritious foods
- \* Get enough sleep
- Stay away from coping mechanisms like alcohol, nicotine and/or caffeine

## Exercising on the road and in your busy life

Copyright 2002 by Randy Glasbergen. www.glasbergen.com



"I am not a lazy bum! I am a potential workaholic with highly developed stress management skills!"

Whether you work at a desk or in a truck.....

Little changes here and there can go a long way in keeping you healthy and happy.

There are countless ways you sneak more activity into your day, aka exercise hacks. There are exercises to do at your desk (or truck), such as chair exercises and stretches you can incorporate into your daily routine. But before we get into the various ways you can exercise at your desk, one of the best ways to eliminate back pain and stiff necks is to make sure you are sitting properly.

By maintaining a forward head posture, you are constantly compressing all the nerves that lead to those awful headaches at the base of your skull. Being chronically out of alignment causes fatigue and aches and can have consequences as severe as asthma, sciatic nerve pain, disc compression and arthritis.

Making sure your chair is the right height can drastically reduce neck and back strain. Your feet should be able to be flat on the floor and your knees and hips at a 90-degree angle. Keep your lower back pressed against the

chair to help maintain good posture. One of the most important things you can do to avoid forward head posture is to make sure the top one-third of your monitor is above eye level.

### Stretch at Your Desk (or in your truck)

#### 1. Rubber Neck

Sit up tall and drop your right ear down towards your right shoulder (you don't have to touch it!) and hold for a few seconds and repeat for the left side.

#### 2. Reach for the Stars

Interlace your fingers and reach up towards the sky, as high as you can ... keeping your palms facing up towards the ceiling.

#### 3. Look Around

Turn your head the left and try and look over your shoulder and hold for a few seconds ... repeat on the right.

#### 4. Bobblehead

Drop your chin down towards your chest and GENTLY roll your head from side to side.

#### 5. Shrugs

Raise both shoulders up towards your ears and hold for a few seconds and release. Repeat a few times for good measure.

#### 6. Chest Opener

Bring your hands behind your back, press your palms together, sit up tall and hold for 5–10 seconds.

#### 7. Seated Toy Soldier

Sit up tall and extend your right arm all the way up towards the ceiling. Straighten your left leg out and raise it up as you bring your right arm down and try to touch your left foot. Do 8–10 on each side.

#### 8. Knee Hugger

With a bent knee, lift your right leg up and grab it with your arms and pull it in as close to your chest as you can. Hold for 5–10 seconds and make sure and do it on the left side, too.

#### 9. Reach and Bend

Extend your right arm over your head and reach out as far as you can to the left and gently bend over. Hold for a few seconds and do it the other way.

#### 10. Knee Press

This one stretches out the glutes. With your right ankle on your left knee, gently press against the right knee a few times. Of course, after you're done with the right side, be sure and give the left side some love, too.

-borrowed from <https://draxe.com/exercise-to-do-at-your-desk/>

## Financial Issues major cause of stress

Make a budget!!!!!! Please take the time to do some financial planning. Financials issues are a major cause of stress and you will never 'make enough' if you do not know how to handle what you make.

<https://bettermoneyhabits.bankofamerica.com/en/saving-budgeting?subTopicId=budgeting-tips>



Fast Lane Freight Services has an Employee Assistance Program through benefits package –  
PLEASE USE IT IF YOU NEED IT!



In case you forgot, or we forgot to mention how much you are appreciated every day for everything you do for Fast Lane Freight & Lane Logistics – THANK YOU!  
Remember to be kind to yourself. Everyday!

