



SAFETY IS NO ACCIDENT



96 Seconds



10 miles traveled @ 65mph = 556 seconds



10 miles traveled @ 55mph = 652 seconds

Two drivers delivering the same product, to the same location, taking the same route, travel a distance of **10 miles**. The **first** driver is in a hurry and wants to “**save time**”. He drives at a rate of **65 mph**. The second driver elects to drive at the speed limit which is **55 mph**. The **first** driver will cover the distance in **556** seconds. The **second** driver will cover the distance in **652** seconds. The difference is only **96** seconds!

Ask yourself...**What is a 96 second savings worth to you?**



TRIVIA QUESTION OF THE MONTH



Congrats to CNP driver **Elijah Sanchez** our last trivia Winner!

March Question...

True or False?

When you choose to drive more slowly you will have much more time to react, allowing you sufficient space to stop your vehicle well before you reach whatever hazard may be in your way.

Driving more slowly reduces the chance of receiving a speeding ticket. It can also help reduce your stress.

Submit your answer to Rob Leetham
email: robl@rjrtransportation.net
text: 209.256.9271 call: 209.858.1124

Correct answers will be entered in a drawing to win a \$25 Chili's Gift Card!

SURPRISE! SECRET GIFT! WINNER! CONGRATULATIONS!

IF YOUR NAME IS HANDWRITTEN BELOW CALL ROB or REBECCA by Thurs 03/21 to REDEEM YOUR PRIZE!

(209) 858-1124. _____

March is National Nutrition Month

Now is a good time for you to take charge of the food choices you make every day. With healthful eating habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and increase your chances for a longer life. So the sooner you start, the better!

Mix it up!

Focus on fruits. Eat a variety of fruits. For a 2,000 calorie diet, you need 2 cups of fruit daily.

Go lean with protein. Choose lean meats and poultry. Vary your choices with fish, beans, nuts, and seeds.

Know the limits on fats, salt, and sugars. Look for foods low in saturated fats and trans fat. Choose food and beverages with little salt and/or added sugars.

Calcium. Get 3 cups of low-fat or fat-free milk (or an equivalent amount of low-fat yogurt or chesse) daily.

Whole-grain. Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta daily.

