



"A Customer First Company" January 2017

Welcome to the January 2017 Edition of "On the Move"

Don't Forget to Register for the Emergency Ride Home Program

We encourage all riders to make sure you have signed up for the 2017 Emergency Ride Home Program.



Source: <http://www.flickr.com/photos/dearbarbz365/2795368514/>

Should you need a ride this year you must be registered ahead of time. Riders will not be able to receive services if they register the day of an emergency. You can find the ERH application at <http://ridefinders.greenride.com>.

The Emergency Ride Home (ERH) program provides registered commuters with an emergency ride home on the day the person has used an alternative mode of transportation to get to work.

Visit us at: www.ridek2k.com
Or Contact us at: info@ridek2k.com
PO Box 2010, Chester, VA 23831
Local: (804) 275-3872 Fax: (804) 275-3873

Donating SmartTrip Cards

Do you have an extra SmartTrip Card laying around? Have you ever considered donating them to charitable organizations?



Martha's Table, a DC non-profit that works with children and families, is now accepting your SmartTrip cards to help families in need instead of simply throwing them away.

The cards cost \$2 each and can make a big difference for someone trying to get a job interview, doctor's appointment, or to their child's school.

Send the cards to:

Martha's Table
Attn: Trish/Martha's Outfitters
2114 14th Street, NW
Washington, D.C. 20009

For more information about Marth's Table you can visit their website at <http://marthastable.org/>. When sending cards please attach any remaining balance that is left on the card.



"A Customer First Company" January 2017

How Can Commuters Take Care of Their Health?

As a commuter, it is important that you are intentional about taking care of your health. While the downtime used during commuting can be used for beneficial activities, such as reading, working, or even catching up on some sleep, special attention needs to be made to get your body moving physically, being mindful of the foods you are eating, and maintaining mental health.



Source: <http://flickr.com/photos/pooniesphotos/4498385541>

First and foremost, commuters need to make sure they get moving. Take a walk during your lunch break, climb the stairs at work, and take advantage of in office gyms. Also, try sitting no longer than 1 hour without standing to take a break. Studies show that walking reduces your risk of obesity, greatly, whether it's by being active at work or parking your car farther from the entrance. Other reports state that losing just 10% of your body weight can have substantial benefits.

In addition to losing weight, it is important to keep your mental health in mind. Develop good sleeping habits and concentrating on small acts of self-care, such as walking, eating a good meal, or picking up a calming hobby can increase

your mental wellness. Set aside extra time in the morning, either before or during your commute, for time for yourself.

Finally, avoid mindless snacking during your commute. If you must snack, make sure you are eating nutrient rich foods that will satisfy you instead of foods high in sugars and salt.

Source: <http://livelighter.org/health-effects-of-a-long-commute-and-how-to-counteract-them/>

K&K Connection January Birthdays

We would like to wish everyone born in January a very special HAPPY BIRTHDAY!

- | | |
|------------------|----------------|
| LaVonda Bailey | Lisa Braddy |
| David Craven | Tin Dang |
| Reginald Daniels | Rafael Gomez |
| Kwame Donovan | Matt Hackman |
| Nathan Hamm | Joyce Harris |
| Precious Hopkins | Daniel Jenkins |
| Keshia Johnson | Nurul Khalifa |
| Pamela King | Ciara Manley |
| Darvi Matthews | Laura Mizhir |
| Darnell Parham | Peter Pham |
| Paul Salmonsky | Carol Schrader |
| Muhammad Sarker | Carol Schrader |
| Bruce Shriver | Rufus Tunstall |
| Ronald Winston | |

Welcome to K&K Connections

We would like to say a BIG welcome to all our new riders. We are so privileged that you have decided to make K&K your vanpool company of choice.

Visit us at: www.ridek2k.com
 Or Contact us at: info@ridek2k.com
 PO Box 2010, Chester, VA 23831
 Local: (804) 275-3872 Fax: (804) 275-3873