



# "A Customer First Company"

## March 2012

### Welcome to the March 2012 Edition of "On the Move"

#### March is National Nutrition Month

With long commutes, work, family, and other obligations healthy living may be low on your list of priorities. We would like to encourage you to start making healthy choices in spite of your unconventional schedules. The Academy of Nutrition and Dietetics is encouraging everyone in the month of March to "Get Your Plate in Shape."



- Vary your protein choices: Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry portions small and lean. And be sure to choose seafood as the protein at least twice a week.
- Cut back on sodium and empty calories from solid fats and added sugars: Compare sodium in foods and choose those with lower numbers, and season your foods with herbs and spices instead of salt. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert.
- Enjoy your foods but eat less: Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home where you are in control of what's in your food. When eating out, choose lower calorie menu options.
- Be physically active your way: Adults need at least 2 hours and 30 minutes of physical activity every week...

Source: <http://www.eatright.org/nnm/>

Here are a few ways to "Get Your Plate in Shape" from the food and nutrition experts at the Academy of Nutrition and Dietetics:

- Make half of your plate fruits and vegetables: Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.
- Make at least half your grains whole: Choose 100 percent whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.
- Switch to fat-free or low-fat milk: Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

#### Worried About Going Outside Because of Season Allergies – Take a Look at [pollen.com](http://pollen.com)

While some welcome this time of the year as they anticipate getting outdoors to enjoy the warm weather others know that spring marks the start of seasonal allergies. Millions of Americans suffer from allergies. Symptoms may include: sneezing, wheezing, nasal congestion, coughing, itchy watery eyes, runny nose, itchy throat, stomach ache, and itchy skin, hives, fatigue, and irritability.

Pollen.com is a great resource for you to find information about allergies, check the allergy forecast in your area for a particular day, and learn about the most prevalent allergy culprits in your area. For those of you who suffer this may well be an excellent way for you to find out if you should expect a weekend outside or spend your day indoors.



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## Driver Complaints for the Month of March

So far during March we have received the following complaint:

Van 24 - On 3/19/12 a motorist complained that Van 24 was driving recklessly on 95-S. They stated that the driver cut them off and almost caused an accident when switching lanes. In addition they complained that the driver was speeding.

Complaints are forwarded to their respective vans. We publish these complaints as a reminder to all drivers that safety is our number one concern. Thank you to all of our drivers that make safety a priority. If you feel that a driver on your van is practicing unsafe driving habits please bring your concerns to that person and your coordinator.

## Rising Gas Prices = More Opportunities to Inform Commuters about Vanpooling

It comes as no surprise that gas prices are on the rise. It has been on the news, radio, and obviously apparent at the pump. Why not take this opportunity to tell a co-worker, neighbor, or friend about the following benefits of vanpooling:



- Vanpooling is more flexible than fixed route mass transit like buses and rail.
- Riders can participate in the RideFinders Emergency Ride Home Program.
- Riders have the ability to ride on any K&K van just as long as a seat is available.

- You can save money on gas, maintenance, tolls, parking fees, insurance rates, etc...
- You will enjoy having one low monthly fee.
- Participants enjoy time to rest, relax, or even catch up on work during commute time.
- Personal vehicles have a reduction of wear and tear caused by daily commuting.

For more information please refer potential riders to our website [www.ridek2k.com](http://www.ridek2k.com) or they can contact us at (804)706-6491.

## K&K Connection March Birthdays

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



Alanna Arthur (Feb. Birthday)

If we missed your birthday please let us know by emailing [owilliams@ridek2k.com](mailto:owilliams@ridek2k.com). Thank you!

## Welcome To K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of March. We are so very happy you have decided to join us!

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Visit us at: [www.ridek2k.com](http://www.ridek2k.com)  
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