



"A Customer First Company"

September 2016

Welcome to the September 2016 Edition of "On the Move"

September is National Preparedness
Month

This month we are reminded that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and also where we visit.

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



As a commuter it is important to recognize that your entire family may not be together during a disaster. You must make a plan of how you will reunite after an emergency. When making a plan it is important for you to ask:

- How will my family get emergency alerts and warnings?
- How will my family get to safe locations for relevant emergencies?
- How will my family get in touch if cell phone, internet, or landline doesn't work?
- How will I let loved ones know I am safe?
- How will family get to a meeting place after the emergency?

The Department of Homeland Security has provided a website to help you navigate through these questions and more. Visit <https://www.ready.gov/make-a-plan> for information on how to keep you and your family safe during an emergency at home and while you are at work.

Does It Really Matter How You Sit When You Commute?

Sitting for long periods of time can cause pain in your neck, back, and increases your risk of other health problems. However, there are things you can do to help reduce the impact of sitting on your health.

Sit at the edge of your seat, keep your feet flat on the floor (unless you're driving!), draw your navel up and in, and lift up through the crown of the head. Hold this anatomically friendly position for 20 seconds, then relax and repeat. In addition, making an effort to sit up straight—with a lumbar support behind your lower back, and your head evenly over your shoulders—can help you reverse bad habits such as slouching.

If you have a job that requires you to sit at a desk all day after your commute, make sure you are taking adequate breaks throughout the day to stand up. You may also consider holding stand-up meetings or asking for a standing desk. Small changes can make a huge difference in your health and the way your back and neck feel.

Source: <http://greatist.com/health/how-to-commute-better>

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



"A Customer First Company" September 2016

Check Out These Water Tracking Apps

As a commuter it is important to find ways to stay healthy. We all know how important it is to get enough water each day. Here is a list of apps you can download to help you reach your water drinking goals.



Water Logged, for iPhone, helps with charts and reminders to keep you going.



Daily Water, for iPhone, helps to track the quantity of water we drink and remind us to drink water in right time.



Water Coach, for Android, makes hitting your daily water intake goal a habit, without requiring you to spend a lot of time tracking it.



Track that Water, for Android, allows you to set your daily goal, provides a graphical representation of your water drinking habits, and provides you with water logs.

Source: <https://www.distillata.com/top-10-water-tracking-apps/>

Tips to Make Your Commute More Productive

- Create your to-do list for the day.
- Clear your inbox.
- Set and check in on your goals.
- Learn a language.
- Listen to a podcast or audiobook.
- Read the articles you've bookmarked.
- Read the newest posts from your favorite online sources.
- Get your social media fix out of the way.
- Clean up your Twitter feed.
- Set a step goal for the day.

Source: <http://blog.hubspot.com/marketing/productivity-apps-commute/>

K&K Connection September Birthdays

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

Doug Anders
 Celeste Anderson
 Vanessa Anderson
 LaQuita Bruce
 Sherrell Bullock
 Jamaal Burden
 Teresa Chambers
 Antoine Fitzgerald
 Celeste Henkel
 Ronald Jackson
 Kadir Kahraman
 Tonika Langhorne
 Natasha Miller
 Michelle Osborne
 Oscar Taylor

Luis Andrade
 Jeffrey Brown
 Bernard Barr
 Tracey Dunn
 Bryan Calhoon
 John Ehlers
 Greg Godard
 Steven Helton
 Brian Lilley
 Eric Lorden
 Tarsha Mason
 Aneet Marwaha
 Danny Ortiz
 Drew Simmons

Welcome to K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of September. 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