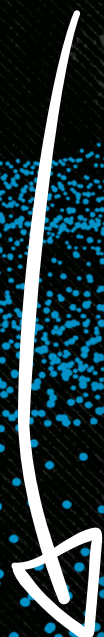


JK'S TOP TIPS FOR WELLBEING

groov

AutoSense
DRIVING SAFETY

TIP 4



Keeping active is a great mood lifter. Admittedly, it's hard when you're on the road, but moving your body every day is a great way to stay on top.

JK SAYS

"When you stop your truck for a break, go for a walk and don't take your phone. One of the biggest mental health lessons I've learned is to walk slowly. That's when I notice the birds, and that's when people smile at me."

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THE DEPOT
HOSTED BY GREG MURPHY

