

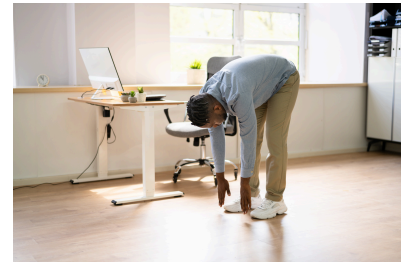


From Human Resources:



This is a friendly reminder to please review and update your personal address information in the employee portal (Paycom), making sure we have the correct address on file ensures proper delivery of your year end tax information.

Healthy Hub The Benefits of Brief Bursts of Exercise



When researchers at the University of Milan studied short-burst activity, they found that 30-second bouts of movement consumed significantly more oxygen and used more energy than steady exercise. But it's not just about burning calories. A 2019 study found that workouts under 15 minutes, including a warm-up, cooldown, and just 5 minutes of vigorous exercise, can improve blood sugar management and heart and lung function. In case you need more convincing, the research suggests that three 1-minute bursts of vigorous activity could also reduce your risk of premature death by up to 40%.

We evolved to move in response to immediate needs and opportunities, which is where the concept of "exercise snacking" comes in — brief, vigorous activities that can be spread throughout the day to supplement our regular exercise routines.

The key word here is "vigorous." That means exercise during which you need to pause for breath before talking. The Centers for Disease Control and Prevention (CDC) call this the "talk test."

The beauty of exercise snacking lies in its flexibility. Here's what may work for you:

🕒 **Kitchen workouts:** Turn cooking time into movement time. Do squats while waiting for the kettle to boil, and counter push-ups while the sauce is simmering.

🧑 **Work breaks:** Install a pull-up bar in a doorway (mind the frames!), keep a kettlebell under your desk, or simply take the stairs with more vigor than usual.

🧹 **Household intensity:** Transform routine tasks into mini workouts. Top tip: Pick up and carry the vacuum cleaner for an extra workout, don't drag it.

It's not about finding extra time in your day — it's about reimagining how you use the time you already have.

No more feeling like exercise is something that happens in a special place, at a special time, wearing special clothes. Instead, movement becomes woven into the fabric of your day, as natural as breathing.

DECEMBER EVENTS



Don't Miss It!

**The Anderson Auto & Powersports
Holiday Party is December 14 at
Kokomo starting at 6pm!**

Wednesday, December 4, 11am-1pm

Anderson Toyota sponsors Faith & Grace Luncheon.

Location: Shugrue's Bridgeview Room

Friday, December 6, 4-6pm

Anderson Toyota sponsors Annual Toy Drive.

Location: Anderson Toyota

Friday, December 6, 6-8pm

Anderson Ford Bullhead sponsors Boom Box Parade

Location: Megatoppers Pizza

Saturday, December 7, 9am-1pm

Anderson Chevrolet sponsors Photos with Santa. Donations go to Kingman Police Officer's Association.

Location: Anderson Chevrolet

Saturday, December 7, All Day

Anderson Powersports sponsors the Hole in One for Toys for Tots Golf Tournament.

Location: Lake Havasu Golf Club

Friday, December 13, 5-9pm

Anderson Chevrolet sponsors the Colorado River Corvette Club Christmas Banquet.

Location: Riverside Hotel and Casino

Saturday, December 14, 6-9pm

Anderson Auto and Powersports Group sponsors the Parade of Lights.

Location: Bridgewater Channel

Friday, December 20, 5-9pm

Anderson Auto and Powersports Group sponsors the Holiday Hoedown, for special needs community and their families.

Location: Aquatic Center

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in December with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Jason Anderson	23	Anderson Auto Group
Rick Roberts	23	CDJR
Thomas O'Shaughnessy	16	Toyota
Cody Bush	23	Toyota
Joe Collins	15	Toyota
Lee Walsh	15	Toyota
William Verbal	14	CDJR
Shannon Blanton	10	Toyota