

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

February Events

February 2nd	Groundhog Day
February 9th	National Pizza Day
February 12th	Super Bowl Sunday
February 14th	Valentine's Day
February 20th	Presidents' Day
February 21st	Mardi Gras

Stay Healthy During Cold-Weather Exercise

Congratulations—you're still keeping up with your New Year's resolution to get more exercise. In the dead of winter, staying active is important, but it can also be hazardous if you're not careful. Take these precautions when you're exercising in cold weather:

- ❄️ **Get some mittens.** They keep your hands warmer than gloves. Better yet, get the kind that converts to fingerless gloves, so you can adjust when you start warming up.
- ❄️ **Switch to hiking boots.** If you're planning to do your power walk, put on a pair of hiking boots or another pair of shoes with good traction. Cold weather usually means snowy and icy sidewalks and roads.
- ❄️ **Use ski poles.** After you put on your hiking boots, you might want to grab your ski poles or a couple of walking sticks. They'll help stabilize you while you walk.
- ❄️ **Check the wind's direction.** On those days when the wind is biting, start your jog or walk going into the wind. That way when you're heading back home, the wind will be at your back. You won't feel as cold or tired after all that sweating.
- ❄️ **Drink plenty of water.** You might notice it less, but you're still losing a lot of water when you exercise in cold weather. Try to drink every 15 minutes.



Retain The Diverse Workforce You've Built

You've built a diverse team representing many different types of people. Now you have to keep everyone on board. *Fortune* shares two strategies for retaining your crew:

- ➔ **Engage with everyone.** Make sure you're paying the same amount of attention to every member of your team. Make a point of checking in with all your employees to see how they're doing and what kind of help they might need. If you ignore one person or group, people will notice, and motivation will dwindle.
- ➔ **Give feedback equitably.** Employees need—and want—feedback on their performance. Managers sometimes avoid giving negative feedback because they're afraid of appearing biased against specific groups of people. Don't be afraid to share honest feedback with everyone, regardless of who they are. Feedback means recognition, and if women, people of color, or other groups don't feel seen and recognized by their managers, they'll stop working hard and often move on.



Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to reach out to us...

Call us at (215) 257-0204

Email us at

contact@joedavisautosport.com

Or visit our website at

www.joedavisautosport.com

Love Us? Let Us Know!

Great online reviews and your referrals mean the world to our locally-owned business. We jump for joy when our clients "show the love." If you've had a great experience with us... leave us a review on Google, Facebook, Yelp, or anywhere else. As always, if your experience is less than spectacular - let us know and make it up by giving us a call.

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

Mike Allelunas, Christine Riley, Ryan Acevedo, Paul Gentle, Mary-Ann Honeywell, Bryan Gaj, Allison Ashby, Rudy Smith, and Shawna Hand.

Use Your To-Do List For Career Development

The typical to-do list reduces your job to its most tedious elements: Scheduling meetings, sending emails, solving problems, etc. This can undermine your desire to find purpose and meaning in your work.

Try this: Create a list of big-picture goals—getting a promotion, completing a major project, improving customer's lives, and so forth. Break these goals down into bite-size pieces that you can accomplish soon, and add two or three of these to your to-do list every day.

You'll make progress on what you really want to achieve, and turn your to-do list into a career development tool instead of a simple list of chores.



Provide The Basics For Top Performance

Your job as a manager is to give employees what they need in order to do a good job. It's more than a matter of a desk and some equipment, though. Here's what your employees need:

- ▶ **Clear direction.** Explain exactly what the job requires.
- ▶ **Good communication.** Give employees complete information about their jobs and your organization, and listen when they want to talk.
- ▶ **Development opportunities.** Show them a career path within your organization, and support their professional growth.

Fight Burnout With These Simple Survival Tactics

You know the symptoms: You don't care about your work anymore, you dread going to your job every day, you're no longer motivated to do your best, and your relationships with your co-workers are deteriorating. If you're suffering from job burnout, you owe it to your manager, your organization, and ultimately yourself to find a solution. Here are some ideas to explore:

- ◆ **Take time for yourself.** Devote part of your day to things that really matter to you personally instead of obsessing about work all the time. A regular break can replenish your energy.
- ◆ **Rediscover your passion.** Think about what really got you excited when you began your career. Does it still fire you up? Look for ways to bring that spark back into your job and your life.
- ◆ **Seek support.** Talk to your family, friends, and trusted co-workers about what's going on. They'll offer ideas and support, and you won't feel as isolated and ignored.

Breakfast: It Really Is For Champions

Breakfast really is the most important meal of the day. People who skip the morning meal tend to struggle more with weight problems, as well as low energy all day long.

Why? The hours between dinner and breakfast are usually the longest span between any of the meals in the day. While sleeping, the body still needs fuel to keep your body in working order. That fuel comes from glucose stored in the blood, liver, and muscles. By morning, the glucose is depleted.

"Breakfast skippers" can feel fine and full of energy in the first few hours after waking up, because the body and mind are refreshed after a night's sleep. But that energy fades as the increasing demands of the day add stress to a body already running low on fuel. By lunchtime, even if you eat a healthful meal, regaining the energy that you would have had if you had eaten breakfast is close to impossible.



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REAL ID Extension

The Dept of Homeland Security (DHS) recently announced to extend the REAL ID full enforcement date by 24 months, May 3, 2023 to May 7, 2025. Under the new regulations published to execute this change, states will now have additional time to ensure their residents have driver's licenses & identification cards that meet the security standards established by the REAL ID Act.



Master The Succinct Email

Communication is one of the secrets of success, and email communication is one of your most useful tools. An effective email is short and to the point. You'll get better results by keeping most of your emails to just a few sentences. Try this structure:

- ✓ **Your identity.** Explain who you are. This obviously doesn't apply when you're writing to a co-worker or friend. But if this is your first contact, make introductions immediately.
- ✓ **Your reason for writing.** Explain what you want: Are you submitting a proposal? Do you need information? Are you looking to make a purchase? Lay it out up front.
- ✓ **The benefits to the readers.** Why should the recipient pay attention to your email? Give the recipient a compelling reason to read and respond.
- ✓ **The deadline.** Tell your recipient when you need a response.



Thank You For The Kind Words

"This shop is exceptional. I've been bringing my cars there for over 10 years. They do everything well and are lovely people to boot."

WOW! The Annual Cost of a New Car

According to the latest research from AAA, the average yearly cost to own and operate a new vehicle in 2022 was \$10,728 or \$894 per month.



AAA launched an online Your Driving Costs calculator (AAA.com/AutoRepair/DrivingCosts) to provide personalized breakdown for car shoppers. Data is available for new & used vehicles, 5 model years back. Consumers also can use the AAA Car Guide (AAA.com/CarGuide) to research vehicles and learn about the most recent automotive technology. The cost to drive a vehicle rises annually. Thorough research is priceless.



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February

What's Inside?

- February Events -
- Money Saving Offers -
- & Much More!



What's The Answer?



How Can You Master The Succinct Email?

How Can You Stay Healthy During Cold Weather Exercise?

Is Breakfast Really The Most Important Meal Of The Day?

Can You Use Your To Do List For Career Development?

*The Answers To These And
Many More Questions Are Inside*

