

## Booth Time

Friends,

We have this guy in the office - his name is Anthony. He thinks that winter is the best time of the year. Really, he would rather it be cold and snowing than sunny and 75... a direct quote.

While we can appreciate his optimism, the rest of us are counting down the days until spring, summer, and patio weather.



Anthony might be onto something: studies have shown that winter can have some surprising health benefits. Who knew there's perks of the cold? We'll look into that and more, in this issue of *Booth Time*.

Stay warm,  
John

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"A bad attitude is like a flat tire. You can't go  
anywhere 'till you change it."

- ANONYMOUS

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**The Month of January**  
Look on the bright side...



Remember how we said Anthony might be on to something? Check out why we shouldn't hate winter...

**1. Literally freeze your buns off!** Being chilled to the bone can cause significant calorie burn! Cool weather sets "brown fat" (good fat) into motion - a type of fat that can burn off "white fat" (bad fat) when triggered. The colder you

are, the more brown fat it takes to keep you warm.

**2. Cold weather brings us closer.** During periods of weather-induced isolation, we tend to reach out to contact our closest friends and family on the phone, and end up chatting longer than usual, according to a 2012 study.

**3. The cold weather can reduce inflammation.** When something hurts, we put ice on it. The cold weather can act like your own ice pack - it reduces inflammation and pain all over!

**4. Less bugs. Less disease.** The pests we all hate are common during the summer months, but thankfully, the cold and freezing temperatures kill off the skeeters and ticks, thus protecting you from the illnesses they are known to spread.

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## Driver Spotlight

### Trucker Fitness On the Road: James Peters

*Meet James Peters:* James, a driver for [Prime Inc.](#), is a prime example that truck drivers can live a healthy lifestyle on the road!

*James' Story:* James hasn't always been all about fitness. When James began driving for Prime Inc., he put on 70 pounds in 20 months and weighed 340 pounds.

[Get the full scoop on James' story, progress and exclusive fit tips here!](#)



# #BPFIT

Share your fitness journey  
with us to inspire others!



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## BP News

### Quarterly Product Update



Last week, we were happy to send out our first Product Update Bulletin to keep you informed of the great features and services being added to Bestpass!

In case you missed it, here's what's new - click here to read the entire: [Quarterly Product Update](#):

- [Security Updates to MyBestpass Login](#)
- [New Notifications available!](#)
  - Upcoming credit card expiration
  - Inactive transponders
  - Payment due notification
  - Toll export
- [Optional Toll Services available!](#)
  - WSDOT *Good To Go!*
  - Colorado E470
  - California BATA
- [Massachusetts Miles are now available!](#)

Please contact us with any questions or concerns, email us at [support@bestpass.com](mailto:support@bestpass.com) or call 1-800-410-9696.



Leonard's Express

### BP in the News...

As seen in Fleet Equipment Magazine, we are able to save Leonard's Express more than \$120,000 annually on toll costs with the management solutions we provide. Take a look at the article, by clicking [here](#).

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## Welcome New Clients!

## Welcome to our new clients who joined us in December!

- CJ Makuch, Corp
- Fleetway Transport Inc
- Hi-Lite Airfield Services LLC
- TL Transport, LLC
- Maurice Jones
- Trent Olsen
- William Cannariato
- DL Express, LLC
- David Hurd
- James Jensen
- Caroll Lipper
- Jesse Garcia Trucking
- Eric Vincent
- Robert M. Abelin
- Cadell Transport Inc
- MHZ Transport
- GSW & Sons Transport, LLC
- VP Supply Corp
- Empire Recycling Corp
- William Ray Reed
- Dave Emmons
- Elwood Perry
- 95 South Trucking, LLC
- Jason E. Joyner
- Fred Guntle Trucking
- M. Stauffer
- Jason Cook
- Old Town Haulers, LTD
- Joshua Kunz
- Edwin Marquez
- Sherpenn Inc
- VTL Express Inc
- Allied Building Products
- Smith Haul Energy
- Bulkmatic Transport Co.
- Kam 1 Enterprises, LLC
- Coastal Carriers of Connecticut LLC
- William R. Paulhamus
- Laser Transit, Inc
- Ed Zimmerman
- Fields & Lehman Trucking, LLC
- Lelan Martin
- William R. Doty
- Charles Herron
- Andre Ordonez
- Joseph Perez
- Robert Holcombe
- Transport A&D Forget Inc
- Hudson Valley Logistics & Distribution, LLC



### MyBESTPASS Client Portal

Don't forget, in our client portal you can:

- [Access account information](#)
- [Make a payment](#)
- [View/download Toll Activity](#)
- [Manage your tags](#)



### We're Here for You!

Have a question? Need help making changes to your account? Need to order more tags? We're here to help you! [Chat live](#) with us by clicking the image above; email us at [support@bestpass.com](mailto:support@bestpass.com); or call us at 1-888-410-9696.

# Layover Fun

The ping-pong puzzle.

Your last good ping-pong ball fell down into a narrow metal pipe, embedded in concrete, one foot deep. How can you get it out undamaged, if all the tools you have are: your tennis paddle, your shoe laces, and your plastic water bottle, which does not fit into the pipe?

[#BPPuzzle](#) via social media for a chance to win a prize!



Stay Connected



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