

TAB TELL ALL



TAB RETAIL REMODELING INC.

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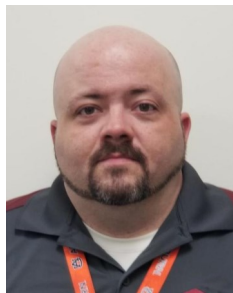
Remodel Spotlight: Glenwood Springs, Colorado

In this month's installment of Remodel Spotlight, we highlight TAB operating in Glenwood Springs, Colorado at Walmart 1095. This project is being ran at the site level by Steven Leeth. It has been supported on the shift level by Kristi Leeth. This project was one to kick off of 2023 beginning on January 8, 2023. It is scheduled to run into the middle of spring. This store has had an excellent beginning in all facets. They have developed a good relationship with store planning and the store management. The team at Walmart 1095 has been talked of very highly in regard to moves, MOD production, professionalism and attention to detail.



Special points of interest:

- Remodel Spotlight
- Winter Driving Tips
- Fun Facts
- Streaming 2023



The team has really excelled under the management team of Steven and Kristi Leeth. Their attendance has been exemplary and not only is everyone coming to work consistently they are coming with good energy and purpose. After 3 weeks of remodel this team has not dipped below 100% MOD Completion rate any week. The teamwork and chemistry thus far has been evident in the production. What an excellent beginning to a remodel. Congratulations to the TAB Team working at Walmart 1095 in Glenwood Springs, CO. You are setting an excellent example to kick off of 2023. Thank you for showcasing your skills collectively and representing TAB in the field in such a positive way. Thank you for your efforts and keep up the great work. The game isn't over in the first quarter, your consistency will deliver another TAB win!



Winter Driving Tips

FUN FACTS!



-Australia is wider than the moon. The moon sits at 3400km in diameter, while Australia's diameter from east to west is almost 4000km.

-It's illegal to own just one guinea pig in Switzerland. It's considered animal abuse because they're social beings and get lonely.

-The Ancient Romans used to drop a piece of toast into their wine for good health - hence why we 'raise a toast'.

-Google images was literally created after Jennifer Lopez wore that infamous dress at the 2000 Grammys. So many people were searching for her outfit, the search engine added an image function.

Drive slowly. Always adjust your speed down to account for lower traction when driving on snow or ice. **Accelerate and decelerate slowly.** Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads. **Increase your following distance to five to six seconds.** This increased margin of safety will provide the longer distance needed if you have to stop. **Know your brakes.** Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal. **Don't stop if you can avoid it.** There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it. **Don't power up hills.** Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly. **Don't stop going up a hill.** There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

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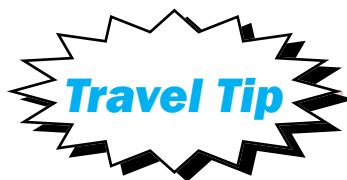
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TAB

1 Team 1 Goal 1 Family



6 Tips for Eating Healthy on the Road

1. Healthy eating starts where you stop

If you're on the road and stop at a fast-food joint, your food choices will be limited to fast food. But if you stop at a grocery store that offers whole or healthy foods—fruits, bagged carrots, nuts, hummus—or a supermarket that features a salad bar, you quickly expand your choices (and reduce junk-food temptations).

2. Eat frequently, and in smaller amounts

Eating small amounts of healthy food throughout the day sends a signal to your brain that the food supply is plentiful, so it's OK to burn through those calories quickly.

Limiting your calorie load at a single sitting also gives you lots of energy. Eating too many calories in one meal—even if they're healthy calories—sends your brain the message that leaner times must be around the corner, so those calories will get stored as fat. Eating too much at one sitting can also make you sluggish and sleepy.

3. Eat plenty of protein

Eating the right amount of complete protein—one containing all the essential amino acids your body needs—for your weight and activity level stabilizes blood sugar (preventing energy lags), enhances concentration, and keeps you lean and strong.

4. Pack snacks so you're not skipping meals

Often when we're traveling, we don't have access to food at regular intervals. Or worse, we skip meals so we can have that big piece of chocolate cake later. The problem is your body responds as if it's facing a food shortage and your metabolism slows way down to prevent you from starving.

5. Avoid "feel bad" foods

You know what these are: They're foods you crave, but leave you feeling sick or depleted after you eat them. When you're on the road, it's particularly essential to avoid foods that drain your energy and deflate your mood.

Foods to avoid: (1) simple carbohydrates or high glycemic foods, such as fruit juices, sodas, refined grain products, or sugary snacks; (2) anything deep-fried; (3) nonfat desserts and sweeteners, which are loaded with chemicals that your body can't easily metabolize; (4) anything partially hydrogenated (this includes nondairy creamer, Jiffy-style peanut butter, margarine, and most packaged baked goods); and (5) excess alcohol.

6. Drink lots of water

Yes, water is a food. The body needs water for virtually all of its functions. Drinking plenty of water will flush your body of toxins, keep your skin fresh, and help you eat less.



The Best Video Streaming Services for 2023

Netflix: Best for Original Shows

HBO Max: Best for HBO Shows and Popular Movies

Hulu: Best for Live and On-Demand Content



Disney+: Best for Family Friendly Content

Peacock: Best for Free TV Shows and Movies



Crunchyroll: Best for Anime

Amazon Prime Video: Best for On-Demand Shows and Movies

YouTube TV: Best for Replacing Cable

