



# DIGITAL DATELINE

“BUILD IT LIKE WE OWN IT”



**[THIS CHEVY EV IS A BARGAIN—AND KINDA DRIVES ITSELF](#)** Source: Harry McCracken - [fastcompany.com](#)

## Access to Fitness Center

- Orion has a Fitness Center located along A Aisle, just north of the Gate 4 restrooms/locker rooms
- Fitness Center is open for any employee of Orion Assembly to use
- Access to the Fitness Center is via an ID badge reader
- See Security for access to the Fitness Center
  - They will program your GM issued badge so you can access the Center



**[10 THINGS YOU SHOULD KNOW ABOUT THE CADILLAC CELESTIQ](#)** *The 2024 Cadillac Celestiq will be one of the most luxurious EVs you can buy.*

Source: Alina Moore - [topspeed.com](#)

March 2023



## DRIVING MY WELLNESS

Building a Healthy Life, One Step at a Time

### Fuel Your Health with Balanced Nutrition

What we eat, drink, and how we fuel our bodies is important at every stage of life. The *Dietary Guidelines for Americans* provide advice on what to eat and drink to help meet nutritional needs, promote healthy growth and development, and prevent diet-related disease.

Consuming a healthy diet throughout the lifespan may prevent and manage chronic disease such as high blood pressure, high cholesterol, diabetes, and more. These guidelines are developed and reviewed every five years by the U.S. Department of Health and Human Services (HHS) and Agriculture (USDA)—a team of professionals that study the relationship between diet and overall health.



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### Dietary Guidelines for Americans 2020-2025

- **Follow healthy eating habits.** No matter what stage of life you are in, it's never too soon or too late to start following a healthy diet.
- **Limit food and drinks high in added sugars, saturated fat, and sodium, and limit alcohol.** Foods that are high in these areas are often high in calories and eating too much may lead to certain diseases.
- **Choose food and drinks that reflect personal taste, cultural traditions, and budget.** A healthy diet pattern is one that reflects personal preferences, diversity, and culture.
- **Focus on food and drinks that stay within calorie limits.** A healthy diet is made up of foods across all food groups; vitamins and minerals; and has little to no added sugars, saturated fat, and sodium.

## Types of Vegetables

P	R	A	C	E	L	E	R	Y	N	V	A	LEEK
E	R	E	G	N	I	G	T	I	O	E	C	CABBAGE
A	T	U	R	N	I	B	R	O	D	A	B	CAULIFLOWER
A	H	B	U	P	A	P	A	B	E	C	E	TURNIP
R	S	P	G	A	S	S	A	V	A	I	O	POTATO
U	I	C	P	F	B	R	I	R	A	U	E	CARROT
G	D	A	P	P	B	I	R	C	L	O	T	PARSNIP
U	A	A	A	A	A	A	A	A	A	A	E	PEA
L	R	T	N	B	S	H	G	N	D	E	L	SPINACH
A	U	A	T	A	T	A	D	L	L	K	T	RUTABAGA
R	C	C	A	S	S	A	V	A	I	O	L	BROCCOLI
H	I	P	C	A	R	R	O	T	T	W	E	PUMPKIN
O	L	I	N	I	H	C	C	U	Z	E	P	ZUCCHINI
P	O	T	A	T	O	P	C	T	P	R	A	CELERY
												ARUGULA
												BEET
												CASSAVA
												GINGER
												RADISH
												SWEDE

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## Motor1.com's 10 Highest Rated Vehicles Of 2022

EVs and SUVs dominate, but sporty offerings have strong showings too.



JUNE 2 - 4, 2023 - COUNTDOWN TO GREEN  
 90 DAYS | 23 HOURS | 33 MINUTES | 46 SECONDS

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**DETROIT GRAND PRIX**  
 ASSOCIATION  
 ESTABLISHED 1983

**VOLUNTEER**

**The Detroit Grand Prix Association (DGPA)** is the official volunteer organization of the **Chevrolet Detroit Grand Prix** presented by **Lear**. Joining the **DGPA** not only allows you to volunteer at this event but also provides opportunities to attend exclusive volunteer activities and receive other member benefits!



Before you apply, please take a look at our [volunteer area job descriptions](#). [Sign up to volunteer here](#).

Positions are assigned based on the order that they are received, so register as soon as possible!

Please contact our Volunteer Services manager at [VolManager@DetroitGP.com](mailto:VolManager@DetroitGP.com) or call **313-748-1801** with