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DBI Health Corner

3 ways to get back on a healthy track

By DBI Staff Writer & Bootcamp LA www.bootcamppla.com



1. Get that body moving. Participating in physical activities can work wonders for your physical and mental health. Whether you enjoy biking, hiking, yoga or swimming, implementing exercise into your weekly routine can enhance your quality of life.



2. Color your plate. Packing your meals with a rainbow of fruits and vegetables is sure to promote heart health and keep you feeling younger. Start simple with a favorite fruit or side of veggies with your next meal.



3. Sleep like a baby. Getting a good night's rest is vital for our health. Researchers suggest getting at least eight hours of sleep a night to lower risk of heart disease and prevent memory impairment.

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DBI Celebrates 13 Years in Business

By DBI Staff Writer

Direct and Beyond Inc. turns thirteen this year! Durk and Glynis Jorritsma began Direct & Beyond Inc. in 2006 and have made their mark in the field of logistics and shipping ever since. The company has achieved consistent growth since its opening. Even after experiencing challenges such as the 2008 recession, nothing has stopped this company from succeeding. With the help of our team, Direct and Beyond Inc. continues to exceed our customers' expectations and create long lasting partnerships to help businesses around the world grow. We expect to continue providing friendly customer service, timely delivery, and the best rates in shipping no matter what hardships we will face. This year as we reflect on our thirteen years in business, we aspire to provide new equipment and services for our customers in order to make their deliveries easier than ever before.



The company has more to celebrate as we approach our 13th year anniversary. DBI is already close to hitting its revenue projection of the year just as we begin the 4th quarter. But we will not stop there. As we push for a strong quarter here at DBI, we are also working to increase the volume of our customers' 4th quarter as well. To continue our success here at DBI, we plan to work tirelessly this next quarter to ensure our customers' business succeeds too. Happy anniversary to DBI and thank you for giving us the opportunity to succeed!

Fun events to attend this October

By DBI Staff Writer

1. Halloween Horror Nights

This year's annual Halloween festivities at Universal studios will include two new mazes displaying the classic film *Ghostbusters* and chilling horror film *Us*.

2. Rooftop Cinemas

Have an adventure in Hollywood or Downtown LA and watch Halloween film favorites like *Nightmare on Elm Street*, *Hocus Pocus*, and *Coco*. You can even find ticket deals on Groupon!

3. Los Angeles Haunted Hayride

The 11th annual event will take you back to the 80s in Midnight Falls Town Square. Featuring mazes, trick-or-treating and escape rooms to enjoy.

4. Mr. Bones Pumpkin Patch

A family favorite, this pumpkin village features pumpkin picking, pony rides, food trucks, and much more. This event is fun for all ages.

5. Queen Mary Dark Harbor

Test the waters at Queen Mary's Dark Harbor. Filled with 6 mazes, secret bars, and live entertainment you won't want to miss out on this horrifying haunted attraction.

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DBI INSIDER FOCUS

