

CAR AND GENERAL APPOINTS SHIVERENJE SIMANI A GARMIN

AMBASADOR

Listed Company Car and General has appointed Shiverenje Simani , a fitness enthusiast and social media influencer as a Garmin ambassador for Kenya. He will be using a GPS enabled Garmin wrist watch in his daily workouts to monitor and maintain a healthy lifestyle.

David Chesoni , the Company's Trading Managing Director presented a Garmin watch to Shiverenje. He said, "Car and General is happy to partner with Shiverenje due to his efforts of promoting a better fitness culture in the society. We are sure the watch will help him to track his fitness journey and also to monitor his activities."

Shiverenje Simani commented, "I am grateful to Car and General for providing this smart watch which is able to monitor heart rate ,sleep, hydration levels, daily workouts , and track stress. It will also record how many steps i take each day and other important notifications for my fitness challenges which I share with my followers on social media platforms."

ABOUT CAR AND GENERAL

Car and General sells and services TVS motorcycles, Piaggio three-wheelers (tuk tuks), Doosan excavators, Toyota forklifts, Kubota tractors, IngersollRand air compressors, Cummins generators and Briggs and Stratton power equipment and Garmin products. The showroom and workshop are in Lusaka Road in the Nairobi industrial area and there are branches in Mombasa, Kisumu, Nakuru, Kitengela, Siaya, Kisii and Eldoret.