

6 Tips for Driving Wellness



1. Give Driving Your Full Attention

Stress, wandering thoughts, or conversations with passengers are all distractions that slow reaction time.

- **Eliminate Distractions**
- **Stay mentally sharp**
- **Talk to your doctor about medications that affect your alertness**

2. Maintain Your Strength, Flexibility and Endurance

Driving requires strength and endurance to operate the pedals and turn the steering wheel. Another requirement is flexibility. You need to be able to turn your head to watch for traffic or to reach your seat belt.

- **Participate in physical activity and stretching most days of the week**
- **Check with your physician before beginning an exercise program**

3. Eat Healthy Foods, Drink Water and Eat Smaller Food Portions for Sharp Minds and Eyes

Food and water intake contribute to your ability to concentrate on driving, maintain clear thinking, physical endurance and strength to preserve eye health.

- **Drink water throughout your day**
- **Put foods of various colors on your plate to get a wide range of vitamins**

4. Get Plenty of Sleep and Rest

Not being able to go through the proper cycles of sleep during the night hurts your driving concentration, which can lead to mistakes on the road.

5. Follow Safety Procedures

Crash statistics indicate that people over the age of 75 who do not wear seat belts are four times as likely to die if they are in an accident.

- **Use your seat belt every time you get into a vehicle**
- **Make sure your seat belt fits tight and snug across your hips**

6. Take Care of Your Eyes

Ninety percent of the information used in driving comes through the eyes. With aging, several changes may occur that can affect driving. To help:

- **Wear sunglasses**
- **Avoid smoking**
- **Visit your eye care professional annually**