

Your Fitness and Staying Safe on the Road

Your strength, flexibility, and balance help you stay safe on the road. As you age, changes in your fitness can affect your driving.

Have you noticed changes with how easily you can:

- Get in and out of your car
- Look in your blind spots when changing lanes
- Check behind you when backing up
- Press the brake pedal to stop
- Move your foot from the gas to brake pedal

If you have noticed any of these changes in your fitness, they may be affecting your ability to stay safe on the road. But you can take action to keep driving safely.

What you can do to stay safe on the road:

Spend at least 15–30 minutes a day moving your body. Include movements that:

- Make you stronger (yoga, lifting weights, chair squats)
- Raise your heart rate and breathing (walking, biking, dancing)
- Stretch your body
- Practice balance (standing on one foot, tai chi)

Here are some ideas to get started: [Exercises for Mature Drivers](#)

If you have any health concerns, talk to your doctor to safely increase your movement level.

Make Your Plan to Stay Safe on the Road

Think about the changes you noticed above and choose one action to help you stay safe on the road. For example, stretching before bed or walking with friends.

I will: _____

Here are some extra tips to reach your driving safety goals:

- Keep track of how well you are doing and celebrate your progress.
- Do not be afraid to ask your friends, family, or a professional for help.
- Remember that it is okay to adjust your plans if you need to.

Learn more:

- Hartford Center for Mature Market Excellence, [Exercises for Mature Drivers](#)
- [AAA Newsroom](#)