

Taking care of yourself
means taking care of others too.

MOVE! TO STAY FIT AND ALERT BEHIND THE WHEEL

*In your line of work, you spend long hours behind the wheel.
Your body stays still... but fatigue builds up.*

*Your break isn't just about stopping.
It's also a chance to get moving again.*

ACTIVE BREAKS ARE SIMPLE

Just a few minutes are enough to:

- release tension
- boost circulation
- feel better right away
- stay more alert behind the wheel.

An active break is more than just a stop:
it's a habit that helps you get back on the road in top shape.

PROVEN

Even light physical activity:

- improves well-being and health
- enhances concentration
- reduces errors.

Moving means driving in better conditions.

5 MINUTES CAN MAKE A DIFFERENCE



- Move during your break
- Take a walk before getting back on the road
- Do a few simple exercises



TURN this sheet over!

**Find exercises tailored to your job.
It's up to you...**