

# Driven to Wellness

## Physical Wellness Fact Sheet: PHYSICAL ACTIVITY

- Increasing employees' physical activity can create a healthier workforce, promote healthier drivers, increase employees' productivity, and decrease employees' risk of developing costly and debilitating chronic diseases.
- Exercising regularly helps to improve flexibility and range of motion, making it easier to turn your body and head in order to check blind spots while changing lanes or making turns.
- According to recent research by The Hartford Center for Mature Market Excellence and MIT AgeLab, exercise can improve the physical driving-related movements.
- A 2011 study by the Journal of Aging and Physical Activity found the effects of exercise improves the ability of older drivers to respond quickly to challenging situations including the improvement of driving tasks.
- Research has shown that employees who get at least 75 minutes of vigorous-intensity physical activity per week miss an average of 4.1 fewer days of work per year.



- Physical activity improves cognitive function, ability to focus and alertness, all critical for driver safety.
- Only half (50.3 percent) of U.S. adults meet recommended levels of aerobic physical activity (i.e. cardiovascular workout).
- The CDC reports regular physical activity is one of the most important behaviors influencing health, including heart disease, stroke, diabetes, depression, and some cancers.
- According to the CDC, physically inactive employees are more likely to require sick leave costing an average of 26 cents per hour worked in 2014, increasing healthcare expenditures for businesses.
- Employees who are physically active have lower healthcare costs, require less sick leave, and are more productive at work.



*"Navigating safe driving through healthy habits and lifestyles".*