



RELAXATION EXERCISES FOR A PLEASANT TRIP

It's a familiar problem, backache after longer stretches in the car. Lengthy and one-sided strains on the body often lead to tenseness and are perceived as pain. Quite often, your back is only telling you to take care of yourself! We have put together a selection of exercises for you for before, during and after driving.



Active break – during a brief stop –

What to do: take up the position illustrated. Use this exercise to loosen up your spinal column and shoulder muscles. By placing your legs far enough apart, you stretch your back and hip muscles right down to your calf muscles. Do the exercise 2 to 3 times per side for at least 30 seconds.



Active sitting – for the time behind the wheel –

What to do: initial position is "active sitting". To do this, straighten your breastbone and tense the muscles in your buttocks and back. Press your shoulder blades down slightly to do this. Do the exercise 15 to 20 times for 10 seconds.



Bodily motion during short stops – in traffic jams, at the lights, or while having a break –

What to do: take up the "active sitting" position. From this position, turn your head to the left and right and look over your shoulders. You can also do this exercise leaning sideways as well as with bending and stretching. Do the exercise 6 to 8 times on each side when you have time in a traffic jam or at a red light.

Important for all exercises!

Movement, breathing and perception are extremely important for the effectiveness of the exercises. Sense the extent of movement before and after the exercises and feel the pleasant reactions and increased mobility. If you have a break after a long stretch of driving, get out of your car and walk a few brisk steps in the fresh

air to get your circulation going again, reducing the danger of an accident due to tiredness.

Listen to your back – and have a good trip!