

EXERCISE FOR MATURE DRIVERS

The Hartford Center for Mature Market Excellence and the MIT AgeLab conducted research to better understand how exercise can enhance certain aspects of driving tasks for adults age 50+. Our research involved a randomized controlled study as well as a phone survey of drivers age 50+.

How Drivers Improved

Drivers in the study who were asked to exercise daily for eight to 10 weeks:



Reported greater ease in turning their heads to see blind spots when changing lanes or backing up.



Were able to rotate their bodies further to scan the driving environment while making right-hand turns.



Were able to get into their cars more rapidly, demonstrating increased overall flexibility.

What Drivers Age 50+ Think

Half (50%) have not considered how exercise might be beneficial to their ability to drive.



The most challenging physical aspects of driving:



41%

Turning their head and body to look behind when backing up



22%

Getting in and out of their car

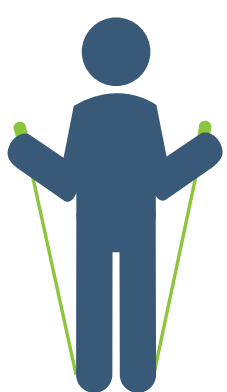


19%

Turning their head to see blind spots when changing lanes

Driving Wellness Exercises

The exercise program that research participants completed was focused on four areas:



Strength Exercises, such as Biceps Curls or Squats



Range of Motion Exercises, such as Back Stretches or Heel Drops



Flexibility Exercises, such as Chest & Shoulder Expansions or Shoulder Stretches



Coordination Exercises, such as Soccer Kicks or Lateral Steps

For more information on Exercise for Mature Drivers, visit: thehartford.com/lifetime and follow us at: www.twitter.com/thehartfordcmme.

Readers are encouraged to consult with their physician before beginning this or any exercise program.