



## Just Drive Challenge

How many of the following tips can you accomplish in one month? Try for at least 4 tips a week. Each week try new tips and keep doing some of the old ones.

- Concentrate on driving and give it your full attention.
- Get 7 to 8 hours of sleep to help improve your alertness and reaction time.
- Choose a less stressful route to your destinations and enjoy the change of pace and scenery.
- Plan ahead and give yourself extra time to reach your destination.
- Tune your radio to a favorite station.
- Save money & help the environment by using public transportation or carpooling to work.
- Save time by checking out VDOT's travel tips website: [www.virginiadot.org/travel/](http://www.virginiadot.org/travel/)
- Examine your driving behaviors and learn more about safety tips.
- Buckle up! Every trip, every time, every passenger.
- Be a courteous driver. If you notice aggressive drivers, avoid them. Visit DMV's website: <http://www.dmv.virginia.gov/webdoc/general/safety/aggressive/index.asp>
- Walk or cycle to work. It is a proven fact that the more fit we are, the better we are able to cope with the stresses of driving.
- Clean the inside of your car.
- Add calming scent to your car. Certain scents help a driver feel calm, yet alert. Try scents like peppermint, cinnamon, citrus, etc.
- Keep your vehicle running efficiently, a tune up may help save on fuel and avoid road side breakdowns.
- For safety, keep two hands on the wheel at 4 and 8 o'clock positions.
- To improve circulation and reduce fatigue, stretch out fingers and one arm at a time.
- When driving for an extended time or delayed by traffic, refresh and relax with deep breathing.
- Eliminate distractions by turning your phone off before you start the vehicle. Pull over into a parking area to make/receive a call, check GPS or read a map!
- Let people know you will not answer your phone while driving – even make it part of your outgoing voicemail message.

