

## Keeping fit in the car

# BASICS

### Natural posture

1

Make sure your lower back is properly supported. Use lumbar support.

2

Sit with your knees lower than your hips and slightly bent. This may be more difficult in sports cars.

3

Adjust the steering wheel so that your wrists rest comfortably on it and you can grip it at the sides, with your shoulders relaxed and your elbows at 90°.



### Support

1

Use the armrest.

2

Position the top of the headrest level with your head.

3

Maximum space between car seat and knees: fist width.

4

Adjust the backrest so that your back has sufficient support. Try to maintain an upright posture.



### Getting in and out

1

Stand with your back to the car seat and sit down. Swing both legs into the car together.

2

When getting out of the car, bring both legs out simultaneously and then stand up straight.



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## DYNAMIC DRIVING FOR A HEALTHY BACK

### Varied posture

1

Use your chair's settings to alter your posture.

2

Take enough breaks.

3

Tilt your pelvis forwards and backwards. This stretches your back. In addition, bend to the side or move your shoulders from side to side.



### Keeping fit on the go

1

Tighten your deep abdominal muscles (muscles you use when you urgently need to go to the toilet). Meanwhile, tilt your pelvis slightly forward, so that your back is curved.

2

Put your hands on the steering wheel and your nose against it.

3

Roll your head, shoulders and wrists.

4

Repeat these exercises regularly when you take a break.



### Stretching is important!

1

Place your hands behind your head and stretch your elbows backwards.

2

Raise your arms into the air, stretching your back.

3

Swivel your upper body from left to right.



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## LOADING AND UNLOADING



### Loading and unloading the boot

- 1 Hold the load close to you.
- 2 Place the load on the boot and then push it away from you.
- 3 Support yourself by leaning your legs against the car.
- 4 Try not to lift while you are bent over.

- ✓ Electrically adjustable seat
- ✓ Raised boot
- ✓ Firm lumbar support in the seat
- ✓ Armrests
- ✓ High car

Tips for an ergonomic car

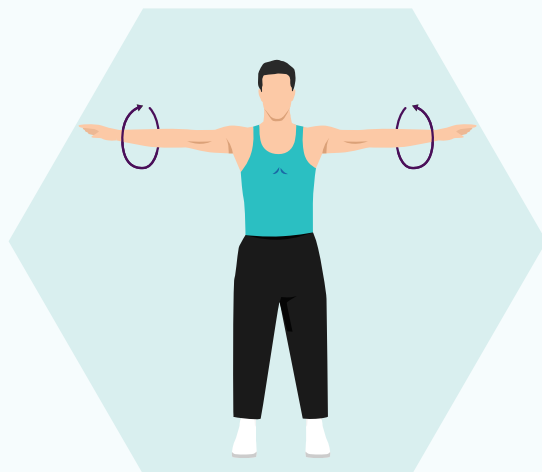


### Getting children out of the car

- 1 Choose a car seat that can swivel.
- 2 Place one leg in the car to unbuckle/buckle the belt.
- 3 Let the child help as much as possible.

## Keeping fit in the car

# TAKE REGULAR BREAKS AND EXERCISE



- 1 Keep your arms at a 90-degree angle under your armpits.
- 2 Rotate your whole arm.

- 1 Stand upright and place one foot behind you.
- 2 Keep your back straight and bend both knees.



- 1 Stand straight in front of your seat, with your legs apart.
- 2 Sit down as if you were squatting, with your back straight.
- 3 Stand up again.



- 1 Stand upright with your feet slightly apart.
- 2 Bring your right foot in front of your left leg. If necessary, support yourself with one hand.
- 3 Tighten your abdominal and gluteal muscles and maintain a good balance.

