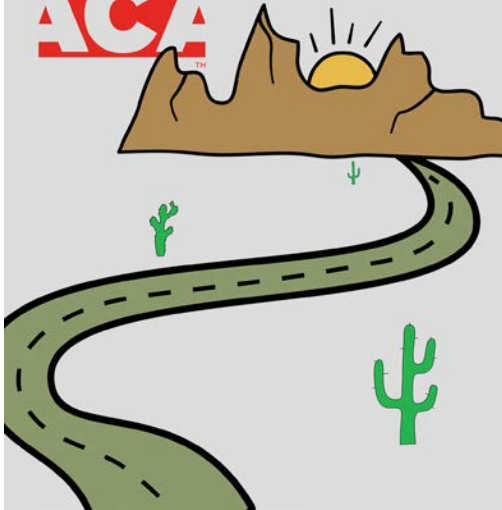


Healthy Living

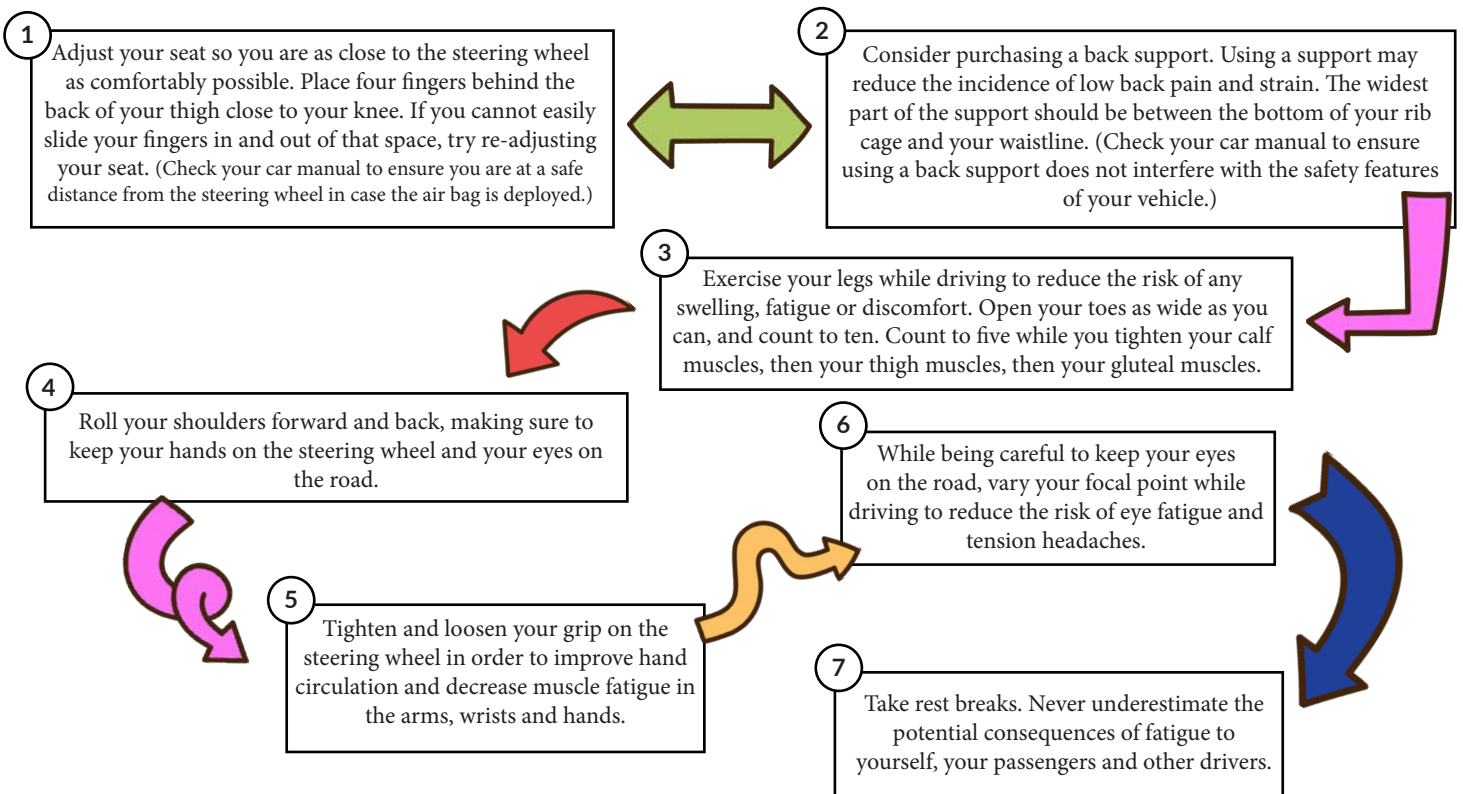


Prevent Aches and Pains on Your Next Road Trip

Traveling can be rough on the body. Due to the COVID-19 pandemic, many people are opting out of traveling on crowded airplanes and choosing instead to drive to their desired destinations. Whether you are traveling alone, on business or are on your way to a sunny resort with your family, long hours in a car can leave you stressed, tired, stiff and sore.

No matter how comfortable your car seat is, sitting for long periods of time can wreak havoc on your body, placing strains on your muscles, restricting blood flow, and making you feel stiff once you stand up. The solution? Do some simple stretches to “warm up” before settling into a car and “cool down” once you reach your destination. If you are taking a very long trip, take breaks to move around and stretch your muscles. Do some upper- and lower-body stretches or take a brisk walk to stretch your hamstring and calf muscles.

If you are the driver, try the following tips to stay ache and pain free:



For more information on prevention and wellness, or to find a doctor of chiropractic near you, visit

www.HandsDownBetter.org