



How to Relax on the Road

You can defeat highway tension and fatigue—by exercising in your car!

By **LAURENCE E. MOREHOUSE**

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as told to James Joseph

■ **WITHOUT SLIPPING** from behind the wheel or letting down your alertness, you can benefit from a simple "ritual of road relaxation" that snaps highway fatigue, sharpens perception, and eases tensions.

There are two groups of exercises. One is for use when you are driving; the other when you are stopped—either for a few seconds at a traffic light or for a few minutes at a railroad crossing or in a traffic jam.

Relax While Driving



1. Wiggle your toes every 15 minutes or so. Seat pressure blocks circulation, causing blood to mass in your feet and legs. Reduced circulation means less blood, thus less oxygen, for your brain; so drowsiness sets in. **2.** Relax by breathing deeply from the stomach and letting yourself slump down in the seat.

3. Clench the wheel until your knuckles whiten; then relax your grip. This eases tension. **4.** Engage in such activities as wiping the windshield and reaching into the glove compartment. Also, change the focus of your eyes from time to time, even if only by squinting at a bug or a speck on the windshield.

Relax While Stopped



1. If road conditions permit, rest as completely as possible. Take your hands off the wheel and your feet off the pedals; relax your breathing and your body; let your head fall backward and close your eyes. **2.** When you pull off of the road, a sure way to reduce road tensions is to open the door and reach out for the arm

rest. **3.** Even when you are stopped briefly, try moving your head to the extreme left and then to the extreme right. This exercises and relaxes your neck, shoulder, and back muscles. **4.** Another good tension-breaker involves clasp your hands behind your head and exerting downward pressure.

COVER:

The football cheering section arrives by station wagon to enjoy a pregame picnic—and to launch Family Weekly's annual auto issue. Ozzie Sweet photographed the scene.

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