

Healthy Driving Tips

Champ Car World Series Racer Bruno Junqueira Offers Tips For Healthier Driving

(NAPSA)—For many people, driving is a big part of their everyday routine. However, people rarely stop to question the impact of their overall fitness and well-being on their driving. With today's hectic lifestyle, it can become easy to ignore the connection between good health and one's driving ability.

Nobody knows this better than Newman/Haas Racing Champ Car driver Bruno Junqueira, who spends hours each day behind the wheel. Junqueira knows it is important that while driving on the track or on the nation's highways he must not forget that staying alert and responding quickly requires a well-rested and finetuned body.

Junqueira, a competitive racer since age six, offers some advice that average motorists can use.

"People need to take as good care of themselves as they do their car, which means regular 'tune-ups' with your doctor, and giving your body the right fuel to stay fit and healthy," said Junqueira. "Nobody would expect their car to run if they didn't put in the proper gas, get the oil changed regularly and schedule needed maintenance."

Dr. Sam Ho, chief medical officer for PacifiCare, agrees with Junqueira's advice. "Drivers who get plenty of rest, eat properly and



Healthy eating can put you on the road to driving safety. Hungry drivers are more apt to be irritable and distracted, and thinking of their next meal, rather than what's on the road.

get regular physicals are more likely to be drivers who are more alert and respond better to road conditions and other drivers."

In celebration of its role as the "Official Health Care Provider" of the 2005 Champ Car World Series, PacifiCare offers the following "Tips for Healthier Driving":

- **Get plenty of sleep**—A well-rested driver is more alert on the road.

- **Eat regular, healthful meals**—Hungry drivers are more apt to be irritable and distracted, and thinking of their next meal, rather than what's on the road.

- **Exercise regularly**—Regu-

lar exercise can prevent tight muscles and the aches and pains that can make driving uncomfortable.

- **Visit your doctor**—Your doctor is the best partner you have in maintaining good health, particularly for driving. For example, keep consistent visits with an eye doctor to make sure your vision does not need correction to see long distances.

"Optimum health can make for a more pleasant driving experience," said Junqueira. "Following these simple guidelines will ensure that your body will be ready for life's many 'races' that you run every day."