

Summer Vacations Call for Road Trip Safety

If your summer vacation involves a road trip, then be prepared so your vacation is a safe one.

Before You Go

- Check your car or have it serviced before any long trip (battery, tires, belts and fluids).
- Check your oil. If your towing a trailer or boat, or driving in the desert, switch to a motor oil with higher viscosity.
- Review maps of your vacation destination (check road conditions at <http://www.fhwa.dot.gov/trafficinfo/>)
- Pack an emergency kit that includes water, jumper cables, flares, a flashlight and a first aid kit.

On the Road

- Require all occupants to buckle up.
- Avoid driving in the "No Zone" around trucks. If you cannot see the truck driver in the truck's mirror, the truck driver cannot see you.
- Slow down in work zones, obey all signs and flaggers and pay attention to the vehicle in front of you (most work zone crashes are rear-end collisions due to an inattentive driver).
- Drive calmly and avoid entanglements with aggressive drivers.
- Pack non-perishable snacks and plenty of juice and water.
- Take frequent breaks - at least every two hours - and avoid driving when tired.

Touring Your Destination

- Review safe pedestrian practices with children.
- Taking or renting bikes? Be sure to pack your bike helmets.
- Situational awareness, familiarize yourself and your family with local emergency Services (Fire, Police & Hospitals).
- Have a planned meeting site in case someone gets lost.



Unsure how to use the gym equipment?



If you are confused when you walk into the gym, you are not alone. Recumbent bikes, elliptical trainers, upright stair machines, rowers, and weight machines are just some of what you see. If you don't know where to begin, we have a class for you. Kathy Mead, Exercise Physiologist for CareHere will walk us through The MTMC Wellness Center and teach *"Understanding Your Fitness Center"*.

This class will make your experience at the gym easier. Get the answers to any questions you have regarding how to use equipment or which exercises or machines are used for what type of workout. The information can potentially help you prevent injury. This hands on class will help you get comfortable adjusting the equipment for your goals. The MTMC Wellness Center will host the class July 12th from 5-6:30p. The address is 611 Lytle Street in Murfreesboro, 896-0290. Register for the class or ask any questions [here](#).



Sign up for new gym membership at the MTMC Wellness Center for just **\$10** per person per month. This offer is good from now through October 2011. The discounted price is available to all Rutherford County employees, your spouses, and legal dependents. The MTMC Wellness Center has showers and a dry sauna. Group exercise classes including yoga, aerobics, body toning, Zumba, and Pilates are scheduled weekly.

Visit us at <http://www.rutherfordcountyttn.gov/insurance/wellness.htm>