



DRIVE FIT focuses on a wide range of health and wellness topics each month, including financial wealth, mental well-being, and eating and fitness. Our goal is to keep your drivers healthy and on the road.

eNuggets®

Learners can only remember seven, plus or minus two, pieces of information at one time. This is why our training is delivered as eNuggets®. We break down the most essential content so drivers can remember what they have learned. Because we know users' attention spans are short, we design content that will get their attention—and keep it.

ATTENTION SPAN

In a classroom training, adult learners tend to lose interest within 30–35 seconds. One goal of this training is to provide efficient and effective training that holds learners' attention. The DRIVE FIT collection affords you flexibility in how you deliver and offer content. You can assign parts of the training before and/or after in-class trainings.

INSTRUCTIONAL DESIGN

We use research-based instructional design methods to keep driver's engaged, and we collect data to inform how we create and deliver training to drivers. By delivering content in ways drivers prefer, DRIVE FIT training becomes even more effective. Training content is current and relevant to drivers.

REWARDS & GAMIFICATION

DRIVE FIT training was created because drivers in the system asked for it. Content topics are relevant to drivers and written by content experts in the health and wellness industry. New topics are released and integrated with our rewards platform each month.

**READY TO ENGAGE, REWARD AND KEEP YOUR BEST DRIVERS?
CONTACT STAY METRICS TODAY.**

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