



Walking Safety Tips

Some Quick Safety Tips for Walking

1. Obey pedestrian safety laws and use caution- walk against traffic, use crosswalks.
2. Be alert to approaching traffic- don't listen to personal radio headsets.
3. Practice personal safety- avoid isolated routes, carry personal id, trust your personal intuition, walk with a friend.
4. Wear appropriate clothing for the weather - dress in layers, remember rain gear.
5. Hydrate! Drink lots of water before, during and after your walk.
6. Wear sunscreen!
7. Wear comfortable shoes – keep a pair of dress shoes at the office.
8. Listen to your body and start slowly.
9. Think about your walk in 3 parts. Warm up/stretch – beginning, brisk pace – middle, cool down – end.
10. Have fun!

Ten Reasons for Walking to Work

1. Helps you to lose weight and keep it off
2. Relaxes the mind and body as well as reduces anxiety and depression
3. Boosts energy and increases productivity
4. Improves sleep
5. Strengthens your bones
6. Lowers your risk for heart disease, adult onset diabetes, stroke, and mortality from all causes
7. Strengthens the heart muscle
8. Spend time with your friends and family
9. Makes you look and feel good
10. It's free!