

Walking Safely

Try these tips to make your walking routine safe.

Face the traffic

If there isn't a sidewalk or walking path, always walk facing oncoming traffic.

Keep right

If you are walking on a pedestrian path, walk on the right side so that others on bikes or inline skates can pass on the left.

Carry an ID and cell phone

This is important in case of an accident or medical emergency.

Drink plenty of water

Before you go out, drink plenty of water—you may end up walking longer than you anticipated. If it is hot, plan a route that takes you by a drinking fountain.

Stay visible

Try to walk during the day when visibility is at its best. If you choose to walk when it's dark, use well-lighted areas and wear a reflective safety vest or reflective strips.

Be aware of your surroundings

If you use headphones, be sure you can hear what is going on around you.

Protect yourself from the sun

Don't get burned. Wear a hat, sunglasses, and/or sunscreen.

Walking with Children

Getting your children to join you for a walk can benefit them throughout their life! Take them out and help create a positive attitude toward physical activity.

Walk to destinations

Include playgrounds, streams, parks and other points of interest on your walking route. Take pictures and keep a scrapbook.

Explore nature

Take along guidebooks for flowers, trees, birds and try to "bag" new examples on each walk.

Map it out

Give your child the map and teach him or her how to read maps, identify north and south, and navigate. Encourage the child to draw a map of the route as you go.

