



Creating Health & Nutrition

Safety Tips for Walkers

Motivational Tip

“The secret to getting ahead is getting started!”

—Mark Twain

It is important to follow safe walking practices while walking outside, especially when walking in a high traffic area. Here are some safety tips to consider before leaving home for a nice walk.

1. Plan your route ahead of time.
2. Choose a time of day to walk when you will be most visible. Try to avoid walking during the early hours of the morning and later in the day when it is dark outside. In the winter-time, it may be difficult to avoid walking when it's dark outside. Choose well-lit, familiar areas to walk, carry a flashlight, and wear a reflective vest.
3. Walk facing traffic

4. Give yourself plenty of time to cross the street. Make sure that you cross the street at crosswalks and keep an eye out for approaching traffic. Never talk on or look at your cellphone while crossing the street.
5. Dress appropriately for the time of year and the time of day that you are walking. If you choose to walk when it is dark, wear light-colored clothing, including a vest or a reflective belt.
6. Wear appropriate footwear, like sneakers that will give you support and grip.
7. For personal safety, try to find a walking partner. If walking with a partner is not

8. Always take a form of identification with you in case of an emergency. Have an ICE (in case of emergency) app on your cellphone, such as Medical ID or SOS.
9. Never wear valuable jewelry while walking.
10. Change up your walking route to avoid someone being able to learn your walking pattern.
11. Consider carrying a small defensive object such as handheld pepper spray.
12. Stay aware of your surroundings by avoiding talking on your cellphone. Do not text or scroll social media while walking. Distracted walking is dangerous.

13. If you choose to listen to music, use one earbud so you are aware of your surroundings.
14. Set your phone to a limited screen time setting. This will decrease your temptation to check your phone.
15. It is important to be aware of drivers, other walkers, and hazards along your route, such as uneven sidewalk, ice, tree roots, etc.
16. If you don't feel safe exercising outdoors, find a place inside where you can walk. For example, indoor shopping malls open their doors early so anyone can walk indoors around the corridors.

Make sure you are cleared with your doctor before starting physical activity. Try walking in 10-minute increments to work up to the goal of 30 minutes per day.



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My Goal

Walking for 30 minutes a day can reduce heart disease risk by up to 40 percent. Start slowly.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Goal (minutes)							
Route							

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