

I WILL

# Explore My Outdoors

**?** **Did you know?** Your body needs water, indoors and out, regardless of temperature. Stay hydrated before, during and after your walk.

## The Well-Dressed Walker

To walk in comfort year round, wear suitable clothing in layers you can remove when you warm up. In the winter, don't forget mittens and a hat. Wear thermal socks to keep your feet warm and wick moisture. Walk on snow and ice carefully – wear light hiking shoes with a tread to help prevent slips. When the sun shines, add sunglasses, a hat and sunscreen.

**Tip:** No matter what the weather, accessorize with a pedometer, a cell phone and an ID in case of emergency.



A WALK-FOR-WELLNESS PROGRAM™

“... NO HORIZON IS SO FAR YOU CANNOT GET ABOVE IT OR BEYOND IT ...”  
BERYL MARKHAM, AVIATOR