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Walk on the Safe Side

? Did you know? Pushing too hard too fast can quickly sideline you with an injury. Start slowly, building your intensity as your body becomes more fit. If you have concerns or feel pain, talk to your health care provider.

Walk With Safety in Mind

- >> Observe traffic signals. But even if the light says walk, don't assume drivers will see you or give you the right of way.
- >> No sidewalk? Walk on the left side of the street, facing oncoming traffic.
- >> Walk around big rigs and buses carefully.
- >> Walking at night? Use a flashlight and wear reflective, light-colored clothing so drivers can see you.
- >> If you use headphones, don't let them distract you from staying safe.

Best advice: Watch for safety hazards and always stay aware of your surroundings.



A WALK-FOR-WELLNESS PROGRAM™

"THE BEGINNING IS ALWAYS TODAY."
MARY WOLLSTONECRAFT SHELLEY, AUTHOR