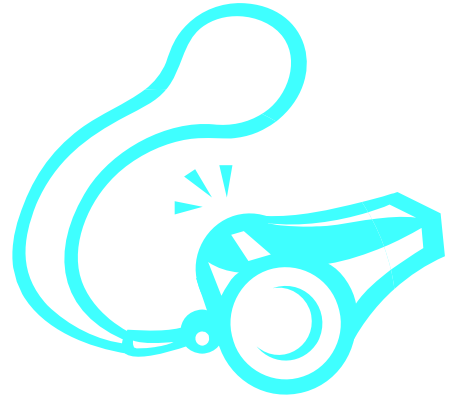


## Safety While Walking

### Safety Smarts

It's unfortunate, but like any other type of physical activity, walking can result in injuries and accidents. However, many of the most common mishaps can be avoided if you plan appropriately and follow a few guidelines.

1. Walk in numbers.
2. Wear bright colors that reflect light during the dark.
3. Walk in lighted areas.
4. Carry a whistle or cell phone to use, should you need help.
5. Tell someone when you're going for a walk and when they should expect you back.
6. If you're walking alone, select a route that is highly visible to others. If others can see you, you'll increase your safety.
7. Walk on the left side of the street – oncoming traffic should face you.
8. Use crosswalks and obey traffic signals.
9. Bring your dog with you.
10. If you have a walkman or MP3 player, keep the volume to a minimum so you are still aware of your surroundings.



### Dodging Dogs

#### *Tips to avoid unfriendly dogs*

1. Maintain a safe distance between you and the dog – even if the dog is on a leash.
2. Don't assume it's safe to approach a dog. Always ask permission from the owner first.
3. Never approach a dog that is barking, eating, snarling, sleeping or nursing.
4. Avoid staring a dog in the eyes.
5. Keep an object between you and the dog – a tree, post or bench will do.
6. Speak softly to a dog to calm it down.
7. Contact local police to report unleashed, aggressive dogs.

## Slow and steady wins the race

The one mistake you want to avoid when exercising is over doing it.

Simply, if you push your body harder than it's ready to be pushed, you'll likely injure yourself. Whether you have muscle soreness, strains or sprains, it could be enough to sideline you temporarily or for good.

Remember, everyone is different. A friend or co-worker might notice positive results from physical activity immediately, but another person may take a little longer. Don't get discouraged – it may take longer than you'd like, but stay on track and you WILL reap the benefits.

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Remember, what you get out of physical activity is what you put into it.

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## This Week's Challenge

Mix it up. Select a wide range of walking routes that offer different challenges. A change of scenery is also nice, too!

## Five Questions

1. Does exercising outdoors, especially when it's cold, intimidate you? Why?
2. Do you inform family members or friends when and where you're exercising?
3. Is there someone you could invite to join you when you exercise outdoors at night?
4. Do you have a plan in place in case an accident or injury occurs?
5. In your opinion, what are the three most likely accidents that could occur while you're being active alone outdoors? What are three remedies that could prevent these accidents?