

WALK SAFE



Walking is a fun, healthy, and eco-friendly form of transportation. Stay safe while walking by following these safety tips:



BE PREPARED:

When crossing the street, look left, right, and then left again.



BE PREDICTABLE:

Always use the sidewalk and crosswalk. If these are not available, walk facing traffic and cross the street in a well-lit place.



BE VISIBLE:

Make eye contact with drivers, before crossing the street. Wear bright, reflective clothing.



BE AWARE:

Do not walk while on your phone or if you're impaired from alcohol or other substances. Always watch for turning vehicles.

Regular walking can reduce your risk of cardiovascular disease by

30%

Walking twenty minutes a day reduces the risk of premature death by

33%

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