5 Walking Safety Tips

- **Walk on the sidewalk** – Always use sidewalks when available. If there is no sidewalk, walk on the left facing oncoming traffic.
- **Look before you cross** – Look left, right, and left again before crossing a street.
- **Use the crosswalk** – Always cross at corners or at a marked crosswalk, where drivers expect you.
- **Make eye contact** – Don't assume drivers see you. Make eye contact with drivers before stepping off the sidewalk.
- **Be alert** – Look for cars coming from all directions before entering the street – including behind you.

5 Fun Ways to Have Fun

- **Bring company** – Invite coworkers, family, and friends to accompany you on your walk.
- **Tune it up** – Listen to your favorite playlist, podcast, or audiobook while you are walking.
- **Walk the dog** – Enjoy an active day in the park!
- **Walk it like you track it** – Electronically track your steps and challenge your friends, coworkers, and loved ones to a competition to see who can take more steps each week.
- **Ready, Set, Race** – Set up a power-walking race or challenge.