Walking Safety Tips

- **Obey all traffic laws.** As a road user you should always obey the pedestrian traffic laws to be safe on the road.

- **Use sidewalks or walk against the direction of traffic.** If no sidewalks are present, walk against the direction of traffic so you can see oncoming vehicles.

- **Always use the crosswalk.** The marked crosswalk at signalized intersections is the safest place to cross.

- **Look then look again.** Look left, right, then left again before crossing.

- **Be visible.** Wear bright colors and reflective accessories such as belts, clothes, wristbands and shoes.

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Heart Benefits of Walking

♥ Lowers blood pressure. Exercise causes blood vessels to dilate, which reduces the pressure on blood vessel walls.

♥ Lowers cholesterol. Exercise lowers your cholesterol level, which decreases the risk to your heart.

♥ Strengthens heart and cardiovascular system. The elevated heart rate you get from walking will help lower your heart rate when you rest.

♥ Increases production of endorphins, improving mental and physical health. Endorphins are the body’s natural way to decrease stress, helping you to relax, and people often find they feel better and sleep more soundly.

♥ Weight loss or weight maintenance. Studies have shown that walking regularly can help you lose weight, and keep unwanted pounds from returning.

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