

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