

Staying Safe

Two of the most popular types of physical activity are walking and bicycling. When you and your family are outside, always keep safety in mind. In 2009, 4,092 pedestrians were killed in the United States, and 59,000 were injured. These injuries occur most often in residential areas and on local roads, usually involving young children.

When being active around the neighborhood, talk with your family about the rules of the road. They should be able to:

- Learn and obey traffic signals.
- Cross at corners, using traffic signals and crosswalks.
- Look left, right, and left again before crossing the street.
- Learn to walk facing traffic, and walk on sidewalks or paths.
- Watch for cars that are turning or backing up.



Also, when children are at play, remember to watch them at all times. Discuss where the safe areas for them to play are and where they shouldn't go.



Did you know?

- ✶ The average person takes only 3,000-5,000 steps in a day. The recommended daily amount is 10,000!
- ✶ 6 out of 10 Americans own some type of pet. Walking the family pet is a great way to be active!
- ✶ On average, every minute you walk can extend your life by 1.5 - 2 minutes!



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