

Walking is Good For Your Community

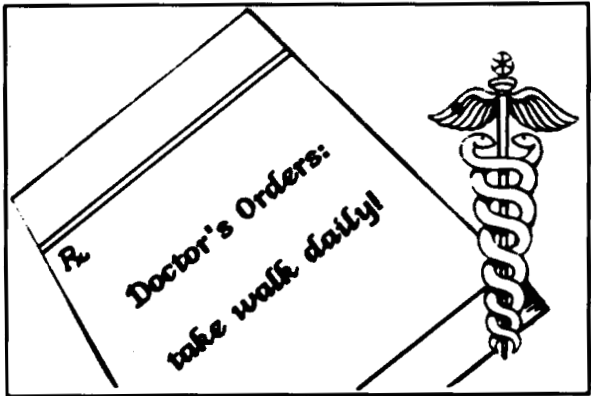
Walking is fun and great exercise. Walking benefits you and your community by:

- ♦ reducing congestion
- ♦ revitalizing neighborhoods through an increased sense of community
- ♦ getting to know neighbors by sight and name
- ♦ keeping people safer from crime.

Also, walking *conserves energy resources*. Cars burn more fuel with stop-and-go driving. By walking instead of driving, for short errands and appointments, you can increase the life of your car and pocket the gas money you'll save.

You Can Make Florida An Even Better Place To Walk

The Florida Department of Transportation is committed to making Florida an even better place to walk... and you can help! *Join or start a walking group*. Organize walking tours of historic/scenic areas. *Write to editors. Speak out*. Identify areas with dangerous walking conditions at city council meetings/zoning hearings.



Walking is Good For Your Health

The average working adult walks 5-8 miles a day. If you are now retired, one helpful way to maintain your health is to build more walking activity into your daily lifestyle. Remember walking will...

- *help maintain weight, mobility, and balance*
- *control blood pressure and condition bones and joints*
- *provide a safe way to strengthen your heart and lungs*. In fact, virtually every cardiac rehabilitation program bases its therapy on walking
- *reduce stress and anxiety*.

Make a commitment today to your self and your health. Walk regularly!



USING THE WALK SIGNAL

WALK:

Look left-right-left.

When clear, begin crossing

Flashing DON'T WALK:

Don't start if you are at the curb.

There should be time to finish crossing if you are already in the crosswalk.

Steady DON'T WALK:

Remain at curb. Wait for WALK signal.



For more information on walking (or bicycling) in Florida, write to us at

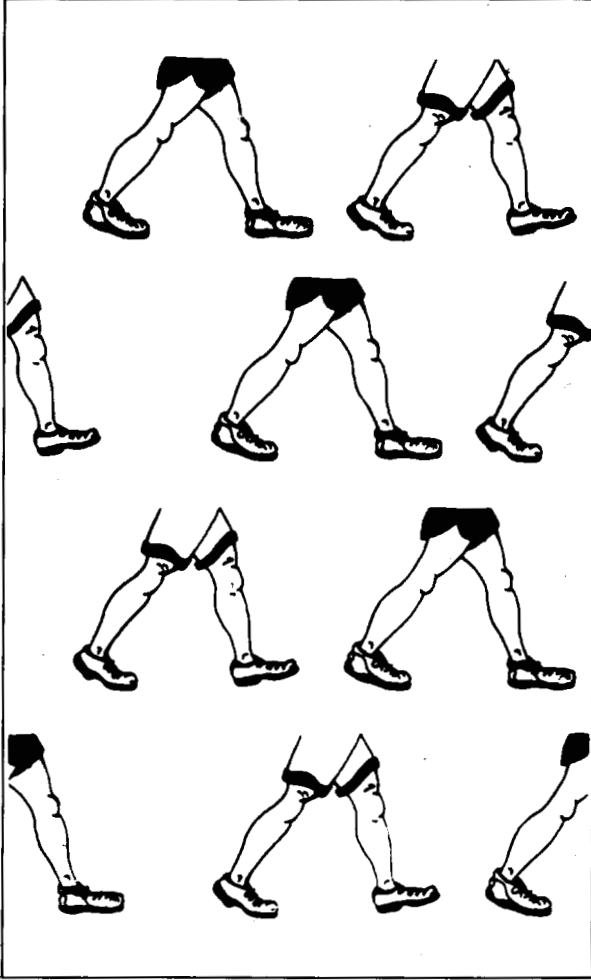
State Pedestrian and Bicycle Program
Florida Department of Transportation
605 Suwannee Street, MS 82
Tallahassee FL 32399-0450
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email us at
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or check out our web site at
www.dot.state.fl.us/safety

Walking is . . . For You!

Tips for Senior Adults

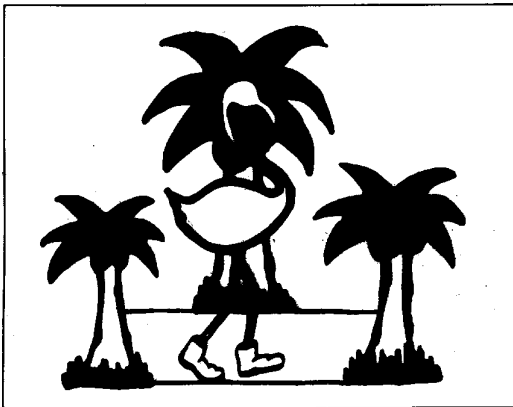


Walking Is Fun

Come out and explore -- the world awaits you at your doorstep

Walking is...

- ♦ *Healthy and invigorating*
- ♦ *A way to enjoy nature and meet people*
- ♦ *Convenient*
- ♦ *Inexpensive (all you need is a pair of sturdy, comfortable, lightweight walking shoes).*



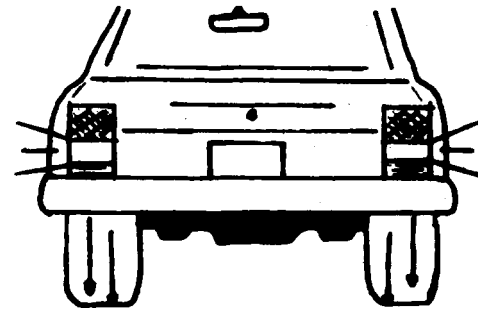
Florida has an ideal climate for year-round walking. And on rainy days, you can walk indoors in museums or shopping malls.

Safety First

Always make safety your constant companion. Here are some important safety reminders.

- ♦ Check with your physician, before beginning a walking program if you have any serious medical conditions.
- ♦ **BE EXTRA CAREFUL CROSSING STREETS.**
 - Always stop at the curb or edge of the road.
 - Look left, right, then left again. Remember to look over your left shoulder.
 - If no car is coming, cross the street...but keep on looking left and right until you are safely across.
- ♦ Do NOT cross in the middle of a block on busy streets. Go to an intersection with a stoplight or a walk/don't walk signal. Wait on the curb for the 'walk' sign to appear. Look all around. While crossing, stop on a raised median if you can't make it all the way across during a single walk signal. If the signal begins to flash 'don't walk,' finish crossing the road as quickly as possible.

- ♦ When crossing between parked cars, walk to the edge of the line of cars, stop, and look left-right-left before crossing. Then *keep on looking* as you walk.
- ♦ Watch for cars backing up or bicyclists in parking lots or coming out of driveways (check for taillights or exhaust).



- ♦ It is dangerous to walk at night, dawn, or dusk. It is more difficult to see and be seen. If you walk during these hours, carry a flashlight and wear bright or white clothing with 'retro-reflective' tape (ask for tape at local drug or hardware stores).
- ♦ Walk on sidewalks whenever possible. If none are available, walk on a level surface, avoiding loose earth or gravel; face traffic, and stay as far from the road as you can.

- ♦ Avoid walking after drinking or taking medication that causes drowsiness or that blurs vision. If you must walk at these times, stay as far away from traffic as possible, and walk with a buddy.
- ♦ Wear glasses and hearing aid(s), if needed, and avoid using a headset radio. It is important to be able to see clearly or hear a horn blowing.



Whether you prefer a leisurely stroll, a brisk jaunt or anything in between, walking is the way to go. Just remember "safety first" and have fun!