



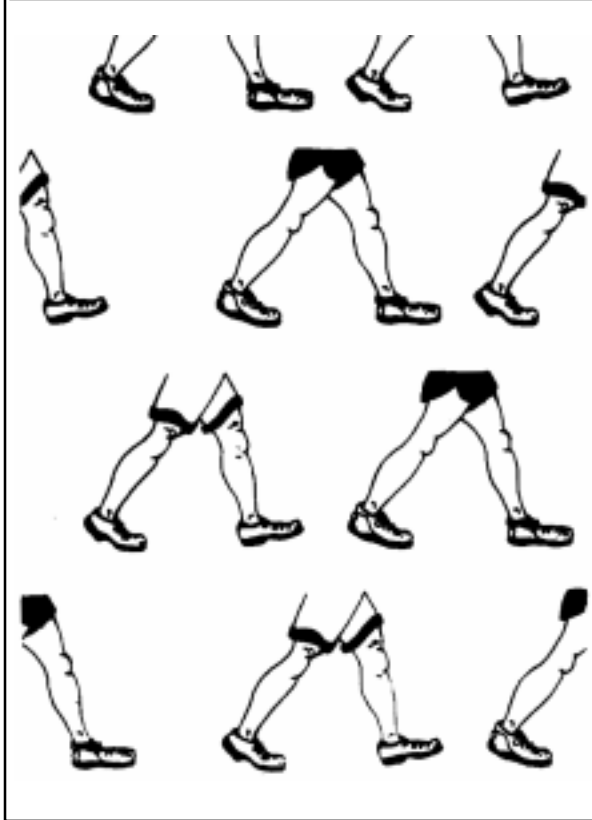
When the pedestrian signal says WALK, it's your turn to go. Look left, right, and left again and check for turning motorists. When it is safe, cross the roadway.



The flashing DON'T WALK is really a don't start signal. The flashing DON'T WALK is timed to give a pedestrian who has just stepped off of the curb enough time to completely cross the street. If you've started crossing and the DON'T WALK starts flashing, don't turn back; you have time to finish.

The steady DON'T WALK means don't start crossing the roadway. Push the pedestrian signal button (if one is present) and wait for the walk signal

## Stepping Out



Try walking...

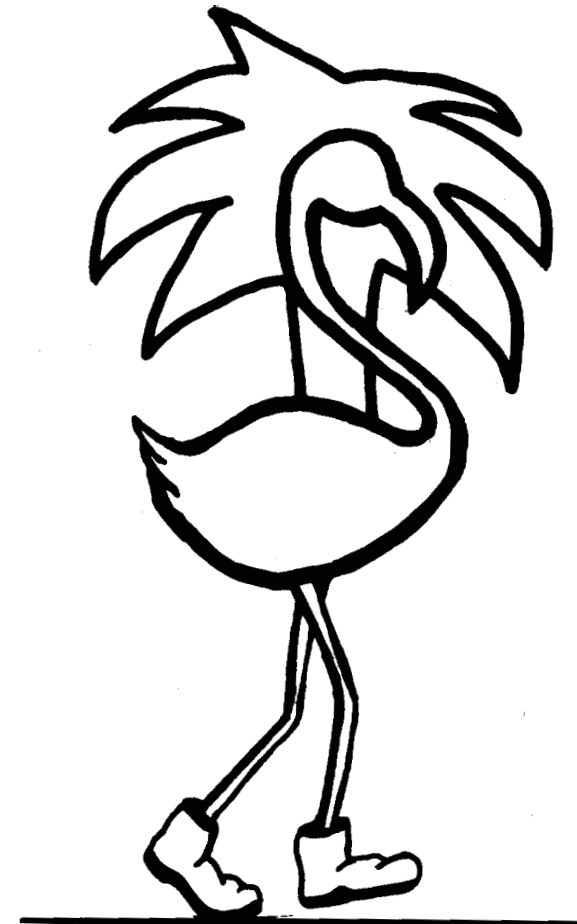
- Instead of driving, or using elevators
- to and from work, lunch, appointments or on errands
- during coffee breaks and lunch hours
- around the neighborhood or in museums or malls
- as a family activity or as part of your vacation
- instead of napping or watching T.V.
- rather than yelling when you are angry
- almost anytime.

The Florida Department of Transportation (FDOT) is actively making Florida an even better place to walk by improving safety and access in existing streets, including "pedestrian planning" as an integral part of community and traffic engineering plans, and sponsoring "safe walking" education programs.

*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  
(850) 487-1200  
*email us at*  
[theo.petritsch@dot.state.fl.us](mailto:theo.petritsch@dot.state.fl.us)  
*or check out our web site at*  
[www.dot.state.fl.us/safety](http://www.dot.state.fl.us/safety)

**Local distribution courtesy of**

## Walking for Fun and Fitness in Florida



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!

## Walking Is Fun And Easy!

Walking is a natural way to get around: you've been doing it all your life. The world awaits you at your doorstep, so step outside and enjoy yourself!

### Walking is..

- *Popular.* Walking is the Number 1 participation activity in America.
- *A way to enjoy nature.* Rediscover your neighborhood, community parks, and natural surroundings.
- *Inexpensive.* All you need is a pair of sturdy, comfortable, lightweight walking shoes.
- *A way to meet people.* Walking is a great way to socialize.
- *An escape.* If you prefer, walking can provide needed time alone or an opportunity to "clear your head."
- *Available to all ages.* Walking is a good family activity.

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

## Walking Is Good for You

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

- *Walking provides medical benefits at ANY pace.* Walking regularly helps maintain mobility and balance and controls blood pressure. Even leisurely strolling is good for joints, helps slow down bone loss (osteoporosis), and provides for healthy feet.



- *Walking strengthens the heart and lungs.* In fact, virtually every cardiac rehabilitation program bases its therapy on walking.
- *Walking improves muscle tone.* During brisk walking, you may get better muscle tone for calves, thighs, arms, abdomen, hips, and buttocks.

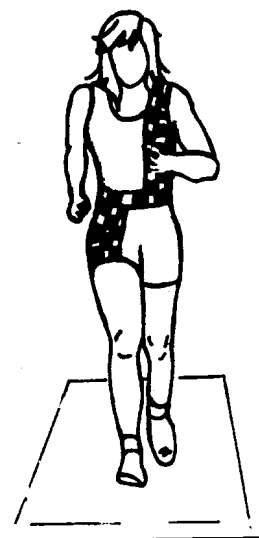
*Fitness walking.* A regular program of sustained walking at a brisk pace, is a great form of exercise. A brisk 45-minute walk is a proven way to lose weight. In fact, you burn nearly as many calories walking a mile as running a mile.

## Try Fitness Walking

When starting a *fitness walking program*:

- Check with a physician first if you are over 40, have a heart condition, or are seriously overweight.
- Start with a modest program, then expand it gradually. Always practice safety first.
- Begin and end with five minutes of stretching exercises.

- Set a brisk yet regular pace. Three to four mph will give you the best aerobic benefits.
- Walk with good posture and swing your arms. Keep your back erect, and your eyes ahead (not looking at the ground).



## Walking Is Good For Your Community

Walking is fun and great exercise, and if more people walk for short trips, it also...

- reduces congestion
- revitalizes neighborhoods by increasing a sense of community, and
- *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.

## Safety First

No matter where or when you're walking, make safety your "constant companion."

- *BE VERY CAREFUL CROSSING STREETS.* On busy streets, cross at intersections (not in the middle of a block), with the light in your favor.
- Look left-right-left (and over your left shoulder) before crossing and look while crossing. Always check for drivers making a turn (or disobeying the light).
- *Check driveways and parking spaces for cars backing up.* Look for taillights and exhaust smoke. Check for bicyclists on the sidewalk and when crossing streets.
- *Be careful during twilight walks.* It is more difficult for drivers to see you. If you walk then, carry a flashlight or wear bright clothing with retroreflective tape (ask for tape at drug or hardware stores).
- *Use sidewalks.* If none are available, walk on a level surface, avoid loose earth or gravel, face traffic, and stay as far from the road as you can. When crossing intersections, stay within marked pedestrian walkways.
- *Keep alert.* Avoid using headset radios, certain drugs, alcohol, etc. These increase your accident risk.
- *Know what the pedestrian crossing signals mean...*