

Exercising in a Safe Environment

You've made a plan to be more active, and you're ready to go outside and get started. But before you do, make sure that you can exercise safely in your neighborhood. Here are a few tips that can help you stay safe as you get moving.

Think ahead about safety.

- Take an ID and cell phone with you, but stay alert by not talking on the phone as you walk.
- Let others know where you're going and when you plan to be back.
- Stick to well-lit places with other people around.
- Take a flashlight and be sure you have reflective material on your jacket or walking shoes if you walk in the early morning or evening.
- Put lights on the front and back of your bike.

Walk safely in rural areas.

- Be sure drivers can see you.
- Always walk facing oncoming traffic.
- Look for a smooth, stable surface alongside the road.
- If the road has guardrails, see if there's a good walking space behind the barrier.

If you don't feel safe exercising outdoors, be active inside.

- Find local stores or malls large enough for you to walk around.
- Walk up and down your stairs a few times in a row. Be sure the stairwell is well lit and has railings for safety.
- At home, do the strength, balance, and flexibility exercises in *Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging*.
- Work out with an exercise DVD such as the **Go4Life** DVD.



Quick Tip

Be alert to outdoor safety and enjoy your exercise!

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



WENT FOR A WALK
IN THE PARK
AT 9:30 AM.
BACK IN AN HOUR!



National Institute on Aging

National Institutes of Health

U.S. Department of Health & Human Services

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