

Physical Activity and Your Safety

If you are diabetic or have heart or lung disease, check with your primary care team before beginning a physical activity program.

General safety tips:

- Carry identification, emergency contact information and illness information.
- Drink water before, during and after exercise.
- Let someone know where you are going and how long you'll be gone.
- Carry a cell phone if you have one.
- Prepare for the weather.
- Wear comfortable, good fitting socks and shoes suitable for physical activity.
- Dress to be seen. Wear bright colored clothing. In poor light, wear safety reflective materials designed for improving your visibility to drivers.
- Use a familiar route.
- Be active in public places.
- Avoid isolated trails, paths and poorly lit areas.
- When approaching another walker or jogger from behind, give a verbal warning before passing them.

