Physical Activity and Your Safety

Here are some general safety tips when preparing to be physically active:

• Carry identification, emergency contact, and illness and medication information with you at all times.
• 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.
• For outside exercise, dress to be seen. Wear brightly colored clothing. In poor light, wear reflective materials designed for improving your visibility to drivers.
• Take 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.