

# 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.

