

Play it Safe

Before beginning any regular physical activity program, check with your doctor if you...

- Have heart trouble, high blood pressure, or joint pain;
- Feel severe breathlessness or pains in your chest or left side when you exercise;
- Often feel faint or have dizzy spells; or
- Are over 50 years old and are not used to a lot of physical activity.

When you walk, hike, skate or bike outdoors...

- Plan your activity in the day or at night in well-lit areas.
- Do not wear jewelry or carry a purse.
- Do not wear headphones.
- Be aware of your surroundings.
- Tell someone where you are going and when you will return.
- Carry a cell phone if you have one.

Be prepared...

- Bring a bottle of water to prevent dehydration.
- For sun protection in the summer, use sunscreen.
- Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable.
- For extra warmth in winter, wear a warm hat. To stay cool in summer, wear a baseball cap or visor.
- Do light stretching for 3-5 minutes before and after you exercise. This will help prevent sprains and other injuries.