

LET'S WALK

Go Human with your own two feet. Walking is one of the easiest ways to get active and stay fit. It's free, reduces stress, prevents disease, and connects you to your community in new ways.



Cross at the corner and use crosswalks when they're available.



Wait for the "Walk" signal before crossing. For walk signals with countdowns, don't enter the crosswalk if the hand is red.



Even if you have the right of way, look both ways. Make eye contact to be sure drivers see you.



Wear something bright or reflective when it's dark.



Want to know the secret to a happy life? Walking can reduce depression and anxiety.¹



Walking 30 minutes a day can help reduce your risk of heart disease and stroke.²



Walking briskly can lower your risk of high blood pressure, high cholesterol, and diabetes as much as running.²



On average, a 20-minute walk can burn 100 calories! Where will you walk to instead of driving?¹

¹NHTSA

²American Heart Association