

Let's Walk!

A message from the Federation of Calgary Communities



It is always a great time for getting out into your community! Walking has many benefits – getting to know your neighbours, know what is happening around you, fresh air, exercise and socialization.

Here are some safety tips for walking in and around your community:

1. Tell someone where you are going, which route you are taking, and when you will be back.
2. Be aware of your surroundings.
3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
4. Walk facing the traffic.
5. Stay away from shrubbery, darkened doorways, and alleys.
6. Avoid using headphones so you are aware of the sounds around you.
7. Wear colors that are bright and reflect light.
8. Walk in well-lit areas.
9. Bring a friend or your dog with you for company.
10. Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called *Around The Block: Let's Walk!* You can find the walking guide on the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities icon.