

# KIDS ON THE MOVE

## Running & Walking Safety Tips

Getting out and moving is a good way to stay in shape and feel great! One way you can get active is by running and walking. Below are a few tips and tricks on how to run & walk safely with friends and family!

### Let's Begin

It's always best to start with the proper footwear and athletic clothing. Once you're suited up, be mindful of the weather. Stay hydrated with it's hot and wear extra layers when it's cold.

### Pick The Place

You can get moving in your neighborhood, school, or a local park. When on the street, pay attention to cars and traffic patterns. Always go against the flow of traffic (facing the cars).

### Buddy Up

Don't go alone! Grab a family member or friend. If your only option is to go alone, always go before sunset & let your parent/guardian know your route.

### Warm Up

Before you begin to run, be sure to warm up. Do a light jog or some jumping jacks to get your blood flowing. Add in some dynamic movements like high knees and butt kicks. Warming up helps prevent injury so take 5-10 minutes to get your body ready!

### Let's Go

If you are new to this, start with shorter distances then build to longer routes. It should be fun so take your time & be mindful of when you need a break. Be sure to end with a cool down and stretch at the end of your run.

