

HEALTH SAFETY TRAIL TIPS

Dress Appropriately

Wear comfortable walking shoes. Thin rubber soles with light tread work best. Thicker soles more than likely may cause you to trip. If you are walking at night, wear reflective clothing. Stay away from dark colored clothing. Consider purchasing a reflective belt.

Stay Hydrated

Drink plenty of water, juice or a sports drink. Carry sufficient amounts and make sure others have enough as well.

Protect yourself from UV Rays

Choose light fitting clothing. In warm weather months wear a wide-brimmed hat to keep your head cool. Be sure to wear sun block even on days when it is overcast. SPF 15 or higher is strongly recommended.

Find a Friend

If you choose to walk at night, find a friend to walk with so you are not alone. If you cannot find anyone to walk with you, at least carry a cellular phone.

HEALTH FACTS

According to Center for Disease Control (CDC), more than 2,600 Americans die every day from some form of cardiovascular disease.

Regular moderate intensity exercise with a healthy diet may reduce one's risk of developing Type 2 Diabetes by 40-60 percent.

Physical activity also helps you stay at a healthy weight, reduce stress, sleep better, and feel better overall.



Walking Your Way Towards Good Health

Healthy Craven Now is a walking initiative designed to encourage, support, and promote walking thirty minutes or more a day. In our community there is a growing need and responsibility to provide resources of walking sites. These resources are available throughout the Craven County Health Department web link and printed maps in various locations. ***Healthy Craven Now*** encourages you to walk towards good health. To learn about the walking trails in and around Craven County visit the website.

<http://www.cravencounty.com/departments/hth/walkingtrails.cfm>