



Walk and Bike: It's Good for your Heart!

It's good for your heart, you whole body and it's fun!! Walk and Bike with friends and family on roads with low traffic or sidewalks, dress to see and be seen, cross at intersections/ corners.

1. Stop at the curb or edge of the street.
2. Look for traffic to the left, right, behind and in front before starting to cross.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.