Quick Tips for a Safe Commute

**Plan Ahead:**
Check the safest route for walking, biking or rolling before departing.

Limit the number of street crossings, avoid high speed streets and go with others when possible.

**Clothing and Equipment:**
Wear comfortable and weather-appropriate clothing.
Evenly distribute bag or purse contents.

Walking
Stay on sidewalks or designated walking paths.

Biking
Look for routes that feature designated bike lanes.

Rolling
Check that your route takes you along smooth surfaces.

Wear comfortable shoes/sneakers.

Wear a helmet.

If rollerblading or skateboarding, wear a helmet along with wrist and knee guards.

Check tire pressure and brakes before beginning your ride.

Timing Is Everything:
Allow adequate time to reach your destination.

An average person walks 1 mile in 20 minutes.

An average person rides 1 mile in 6 minutes.

An average person rolls 1 mile in 7.5 minutes.

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