

Quick Tips for a Safe Commute

Walking

Biking

Rolling

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.

Stay on sidewalks or designated walking paths.



Look for routes that feature designated bike lanes.



Check that your route takes you along smooth surfaces.



Clothing and Equipment:

Wear comfortable and weather-appropriate clothing.

Evenly distribute bag or purse contents.

Wear comfortable shoes/sneakers.



Wear a helmet.

Check tire pressure and brakes before beginning your ride.



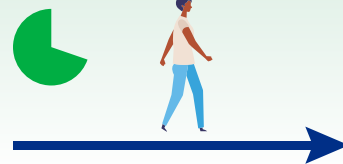
If rollerblading or skateboarding, wear a helmet along with wrist and knee guards.



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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