

If you live close enough to your workplace, you may be able to walk to work. Walking is a good option for many reasons:

- It is good exercise.
- It is good for the environment (it does not pollute).
- It is free.

If you choose to walk to work, you need to:



Know safety rules about walking.

- Example: Only cross the street on crosswalks.
- Example: Walk facing traffic.



Make sure there is a safe walking path or sidewalk for you to walk on the entire way there.



Make sure you are able to safely cross any streets along the way.



Know the quickest and safest route to get to work.



Know how long it takes you to walk to work.



Dress appropriately for weather conditions (i.e. very hot or very cold weather).



Wear appropriate walking shoes that do not hurt your feet, such as sneakers. You may need to bring a change of shoes with you so that you can wear shoes that are more appropriate to your workplace once you get there.

Cost: Walking is free.