

Don't be a distracted walker

Walking is great exercise, and it doesn't require training or special equipment. But if you're using a phone or playing music, you could be putting yourself at risk. While it may seem strange to talk about distracted walking, it does happen – and people can get seriously hurt.



Don't text while walking.



You could trip on an object or crack in the sidewalk. Or, you could run into another person or worse, walk in front of a vehicle.

Walkers who play loud music may raise their risk of injury because they aren't aware of their surroundings.



A single earbud allows you to hear out of the other ear while walking. And, you won't have to worry about hurting your arm or your neck to hold your phone.



If you wear headphones, keep the volume low.

If you want to chat, use an earpiece in one ear only.