

Top 10 Walking Tips For Fall 2020

Enjoy a walk to work, to the store, or just to get some fresh air.



Plan Your Route

[eCommuter.org](https://www.eCommuter.org) can help scope out a route that works best for you.



Take Deep Breaths as You Walk

Inhale through your nose and exhale through your mouth to warm the body.



Be Seen & Bring a Flashlight

Wear bright clothing and/or reflective gear. Fall brings earlier sunsets—it may get darker sooner than you're used to.



Dress Seasonally

Wear layers and/or a hat. Fall mornings can start out cold but can warm up when the sun comes out.



Obey the Rules of the Road

Cross at crosswalks, properly follow all signals, and stay on the sidewalk.



Mask Up

Don't forget to bring a face-covering and keep a healthy distance—it's as important as your keys and phone these days!



Pay Attention

Look straight ahead, be aware of your surroundings, and don't text and walk.



Shoes Make all Difference

Make sure you have good, supportive shoes and warm, moisture-wicking socks.



Form Matters

Stand up straight and when you step, roll your foot from heel to toe for a smooth, purposeful step. Engage your core to protect your lower back, lift your chest, and bend slightly at the elbows.



Make your Walk Fun!

Plan multiple walks into your day to help achieve your fitness goals. Walk to an errand, create a destination, or set out just to enjoy the beauty of nature. Acknowledge your effort, every step counts.