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

**Plan Your Route**
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.

Contact Us
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