

## Running/jogging Safety

Run or jog – however you choose to pound the pavement - make sure safety is a priority while you exercise.

- Wear highly visible clothing and accessories. During nighttime hours and inclement weather clothing should contain retro- reflective properties.
- Be alert! Be aware of your surroundings.
- If you wear headphones, have one earbud out or the audio low enough so you can hear surroundings.
- Avoid remote areas.
- Stay hydrated.
- Always tell someone your route, the time you left and expected return time.
- Carry your cell phone.