

TIPS FOR MALL WALKERS

Malls can be a great place for you and your family to get out and relax. Whether you're shopping for a few things or just out for some exercise, it should be a safe and pleasurable experience.

Here are a few tips to make that trip to the mall a happy one:

- Park as close in to the building as possible and in well lighted areas.
- Always lock your car doors after leaving or entering your car.
- Have your keys in hand before you get to your car. You do not want to be standing around trying to find your keys.
- Check under your car and in your backseat before entering the car.
- Pay attention to your surroundings and walk with confidence.
- Teach your children how to go for help if they are separated from you. Each child should have emergency contact information on them so that officials know how to contact you.
- Be careful at A.T.M. machines and pay by check or credit card when possible.



ZONING OUT

We've all experienced that "runner's high," where you become so focused that you lose track of what is going on around you. This state can put runners and walkers at a greater risk for attack. Always walk or run with confidence and purpose. Keep alert by memorizing license tags and identifying characteristics of strangers and your immediate surroundings. Remember, always be aware of traffic.



OUT AND ABOUT

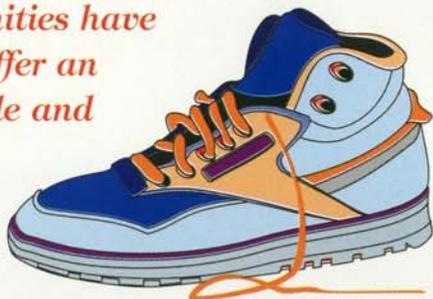
Stay Safe & Alert

Helpful Tips for Joggers and Walkers

SAFETY TIPS FOR WALKING

- ✗ Avoid walking alone and at night. Stay in well-lighted, populated areas; away from bushes, alley-ways and parked cars.
- ✗ Don't take short cuts through vacant lots, parks or fields.
- ✗ Always walk facing traffic so you can observe oncoming vehicles.
- ✗ Wear comfortable fitting clothes and shoes for freedom of movement. Don't overload yourself with too many packages or other items.
- ✗ If you sense that you are being followed, go to the nearest well-lighted, open business or where you see other people gathered.
- ✗ Never hitchhike or accept a ride from a stranger.
- ✗ Be alert when giving directions to pedestrians or motorists. Stay a safe distance to avoid being grabbed or dragged into an automobile.
- ✗ Always be aware of your total surroundings and the people around you.

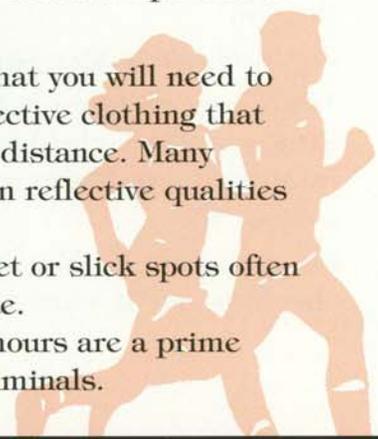
Exercising and keeping fit is a way of life for many people. Walking or running is an inexpensive, easy way to stay in shape. People who travel often find it is an excellent way to maintain a workout routine while keeping a busy schedule. Also, many communities have started walking clubs which offer an opportunity to meet new people and stay healthy. Here are some things to remember before you hit the road.



RUNNING OR WALKING IN THE DARK

Let's face it, we can't all find the time to exercise during the daylight hours, so it's important to take extra precautions when you're out in the early morning or evening hours. An alternative to outdoors, would be to use a treadmill or an indoor track. If you're the fresh air type, stay off the streets and find a well-lighted outdoor track. If none of these options are available to you, think about some of these tips before you leave:

- ✗ Going out in the dark means that you will need to be easily seen. Wear some reflective clothing that can be detected by others at a distance. Many athletic shoes now have built-in reflective qualities for your convenience.
- ✗ Keep your eyes on the road. Wet or slick spots often cannot be seen until it's too late.
- ✗ Be alert at all times. Evening hours are a prime time for muggers and other criminals.



BEFORE YOU GO

- Always plan your outing and make sure others know where you are going and are informed of your workout routines.
- Know where telephones are located on your route or consider bringing a cellular phone along.
- Always carry identification of some kind. If you don't have a spot for it, write your name, phone and blood type on the inside of your athletic shoe and include any other medical information.
- Wear reflective material to be easily seen.
- Don't wear jewelry or carry cash.

AWAY FROM HOME

- Ask your hotel staff about safe exercise routes. If there is no acceptable place, then see if the hotel will allow you to use a local health club or gym.
- Study your exercise route thoroughly before heading out so that you don't get lost.
- Know the street address of the hotel and carry that information with you, as well as your personal ID.
- Let the hotel know that you are going out to exercise and leave your room key at the front desk.
- Follow all your normal rules of safety.