

TIPS FOR A SAFE WALKING/RUNNING PROGRAM

Use these tips as you train for your event. Injuries do occur, however you can do your best to prevent them by taking these precautions.

PROGRESSIVE TRAINING

Never jump in and do too much too quickly. Start slowly and gradually increase your pace and distance.

STRETCHING

Always stretch properly before and after you exercise, and allow an adequate warm-up time.

HYDRATION

Get adequate fluids! You can lose between six and 12 ounces of fluid for every 20 minutes of running. Remember thirst is NOT a reliable indicator of hydration—drink before you're thirsty!

PROPER SHOES

Make sure you have the proper shoes for training. Spend a little extra time and money to find shoes that will fit you best.

PARTNER

It's always the safest choice to train with a partner—mother, father, friend or cousin. Carry identification with you if you are out alone.

DAWN/DUSK

When exercising before dawn or at dusk, wear reflective clothing so that others can see you. Wear a brightly colored shirt or hat to be seen from a distance.

MUSIC

If you listen to music while exercising, it is best to wear only one headphone or earpiece at a time. This way, you are better able to be aware of what is going on around you.

PLACES

It is always a good idea to exercise in areas you are familiar with. Don't exercise in dark places—try to stick with areas that are well-lighted. Carry a whistle or noisemaker to blow if you get into trouble.

CLOTHING

Wear clothing that allows your body to breathe. Dress in layers, adding one light layer of clothing for every 15 degrees below 70°. The innermost layer should be a material that takes perspiration away from the skin, the middle layer should be insulating, and the outermost layer should be wind resistant. When exercising in extreme heat, reduce the intensity of your workout or exercise indoors that day.



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