Walking Safety Tips

- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.
- Cross streets at marked crosswalks or intersections, if possible.
- Watch for turning vehicles; make sure the driver sees you and will stop for you.
- Cross in a well-lit area at night.
- Always walk on the sidewalk; if there is no sidewalk, walk facing traffic.
- Remember, Metro Health Village is still under construction. Watch for construction vehicles and stay out of construction sites at all times.
- Always make way for emergency vehicles.

Physical activity can help prevent:

- Heart disease
- Obesity
- High blood pressure
- Type 2 diabetes
- Osteoporosis (thinning bones)
- Mental health problems such as depression

Key

- Metro Health Hospital
- Village Buildings
- Construction Area
- Parking Lot
- 1/2 mile Route
- 1 mile Route
- 1.5 mile Route
- Bike Path
- Bike Rack
- Bus Stops