

Do Not Be Distracted When Walking and Running

As the weather warms, people head outdoors for exercise. Walking and running are both excellent weight bearing exercises that promote bone and muscle strength. Low impact and safe, they also work the heart and lungs and improve your mood.

As with many other forms of exercise, *observing safety rules* helps keep runners and walkers free from injury. However, today's smart phone use has led doctors to add *additional* safety rules. According to studies, cell phone use while walking and running increases the risk of injury.

Talking, texting and listening to music distracts people. If you plan to walk or run with your smart phone, take these *extra* steps to keep safe.

- Do not use your phone for texting or talking while exercising.
- Choose a safe place to stop if you must text or talk. Resume exercise only when finished.

- Never talk or text when you should be watching for cars and crossing signals.
- Do not text or talk while walking or running in a parking lot.
- Use only one earbud for listening to music. This enables you to be more aware of your surroundings.
- Practice, teach and model these skills to your children when you walk and run together.

Get fit, stay safe and have fun!



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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