

Be safe and be seen:

- Wear light colored clothing and reflective materials.
- Carry a flashlight to see at night.
- Be seen while crossing streets.



Be Safe and Alert:

- Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- Don't assume vehicles will stop. Make eye contact with drivers.
- Be aware of surroundings, watch for hazards in your path



Be prepared

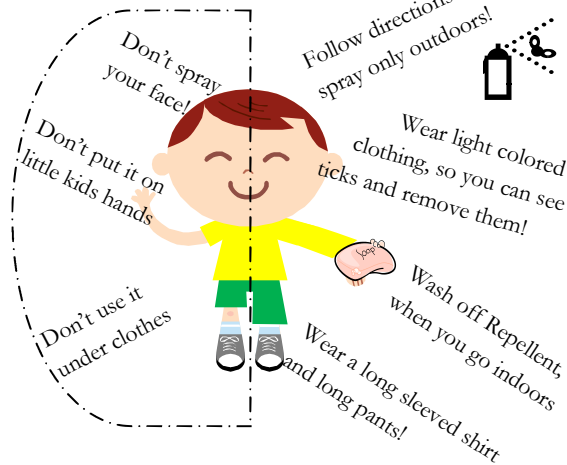
- Find a buddy, safety in numbers
- Stay hydrated, walk with water.
- Tell someone, where and when you walk.
- A good pair of shoes is all you need. Ideally they should be light and flexible with plenty of room around the toe so you can stretch your feet.
- Plan your route.
- Wear a watch, to time your walks
- Wear a pedometer to track your distance and steps!



Prevent Lyme Disease Use Insect Repellents Safely!

Don't
do this Stuff

Do
this Stuff



Dress to REPEL!

For More Information on HEAL Schuyler
WWW.SCHUYLERCOUNTY.US/HEAL



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**Town of
Reading**

Trails & Recreation Areas



Town of Reading

-  Healthy Heart Community Mile
-  DEC Trails
-  Finger Lakes Trail
-  Private Roads
-  Village Streets
-  Town Roads
-  County Roads
-  State Roads
-  Railroads
-  Trail Parking
-  State & Federal Recreation Areas
-  Lakes
-  Streams

