

# Safe Walking Routes in New Ulm



## Heart of New Ulm's Safe Walking Tips

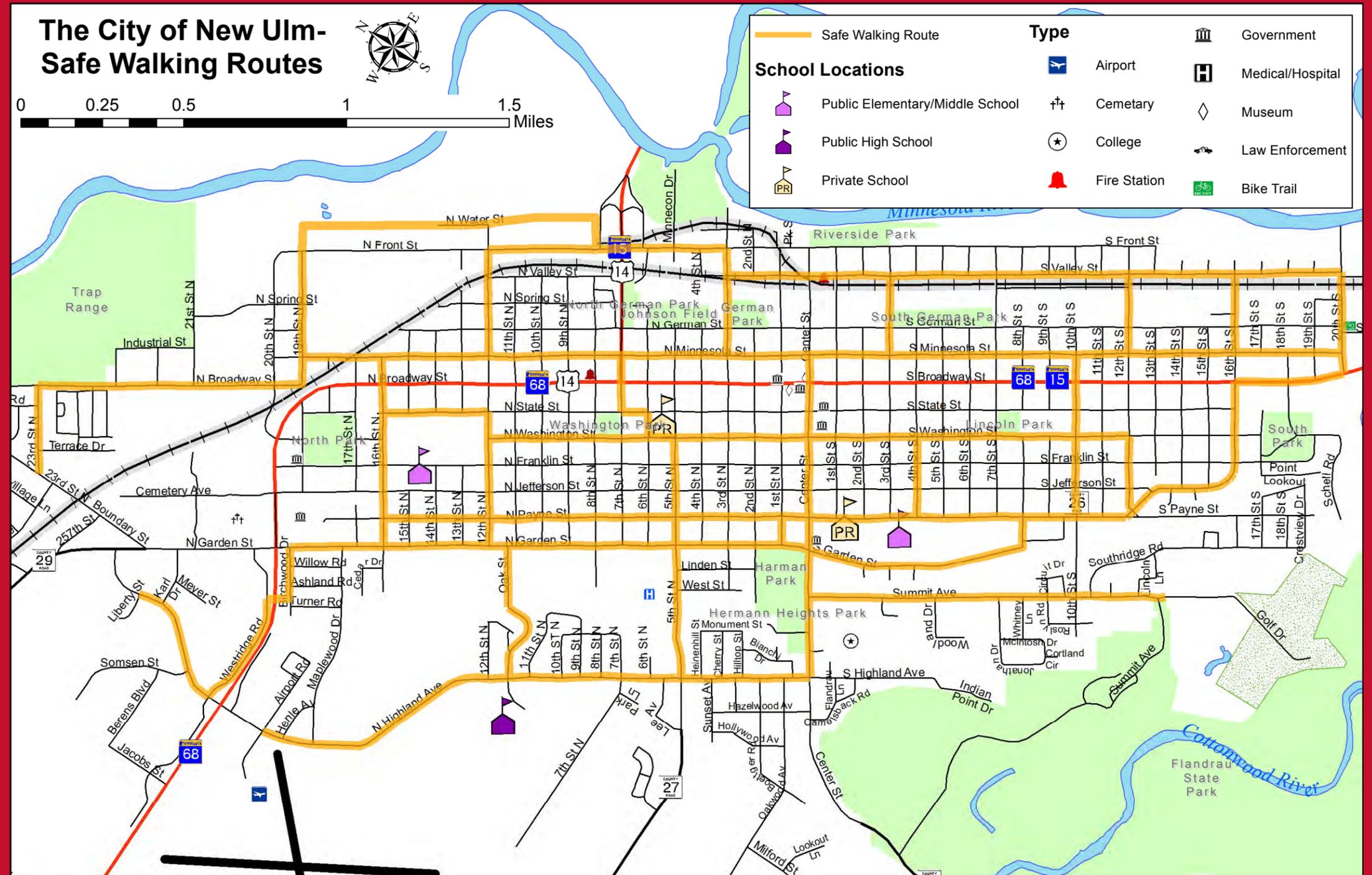
- ✓ **Be visible**  
Wear bright-colored clothing and reflective materials.
- ✓ **Be smart**  
Always walk on the sidewalk. If one doesn't exist, walk facing traffic
- ✓ **Be alert**  
Check to make sure cars are slowing or stopped — don't just assume they will stop for you.
- ✓ **Be careful**  
At designated crosswalks, look left, right, then left again **every time** before you cross.

## What are the benefits for kids and adults who walk or bike?

Physical activity helps both kids and adults get physical activity that can help them manage their weight, sleep better, and reduce their risk for certain diseases. Physical activity also helps people manage stress and maintain a positive attitude.

When kids walk or bike to school, it helps them:

- Arrive to school focused and ready to learn.
- Reduce behavior problems and settle in for learning during the school day.
- Perform better. Research shows that extra focus and behavioral control in the classroom has led to higher test scores for kids who regularly walk or bike.



## How far is 1 mile?

- 1 mile is about a 20-minute walk
- 1 mile is about 12 blocks

