

Dress it Up!

Walking is simple, generally safe, easy to do, and requires no special equipment except for clothing and shoes. Most people already have the basic items needed to begin walking. Picking out the right shoes and clothing can make walking easier and can also help prevent injuries. Even while walking, one can be injured by a shoe that is too tight or doesn't support the foot. Below are some tips to help pick out the proper clothing for your family to wear as they begin being active!

When Picking Out **CLOTHES**, Remember:

- ✚ Make sure they are comfortable! Your clothes should be loose fitting, easy to move around in, but not too large so they don't fit!
- ✚ When it's hot, wear lightweight clothes that help keep moisture away from your body! Also, wear a hat to protect you from the sun!
- ✚ When walking at night, remember to wear clothing that makes you visible to drivers. Dark colors are often hard to see, even with headlights!



When Picking Out **SHOES**, Remember:

- ✚ Your shoes should be comfortable the first time you put them on!
- ✚ Try to find lightweight and durable shoes. This allows sweat to release, like the lightweight clothing!
- ✚ When shopping for shoes, go at night — this is when your feet are the biggest!
- ✚ Never buy shoes that are too big. If you wait to grow into them, they may cause injuries and can lead to foot problems!

