

Winter Walking Tips

Here are some tips to help you stay safe and active this winter.



Be safe. Follow basic safety rules, like looking both ways before you cross a street, watching for traffic, paying attention to cyclists, and walking to the right on trails and paths.



Be seen. With fewer daylight hours, it's important to wear a high-visibility outer layer. Wear bright or reflective clothing and stay visible. Assume drivers can't see you and proceed with caution, especially when days are short and weather conditions unfavorable.



Walk with friends or in places where there are other walkers, especially in the early morning and evening hours.



Stay warm. Cover your head, dress in layers, and don't forget the mittens or gloves. Wear warm socks with room for toe wiggling.



Pick the right footwear. Lace up walking shoes or boots with plenty of traction for those occasional icy patches.



Consider the conditions when planning your route. Walk where trees offer some shelter from the wind. It may be best to wait a day or two to walk after snowy or icy weather.



Start slowly and take it easy. Muscles warm up as you go. Adjust your pace for the weather conditions to decrease your chances of straining a muscle or taking a fall.



When in doubt, walk inside. In some winter weather conditions, it may be unsafe or uncomfortable to walk outside. Consider lacing up your sneakers and walking around an indoor space like a shopping center.



Report sidewalks that need shoveling

To report a sidewalk that is not shoveled, call 311 or visit www.minneapolismn.gov.

Minneapolis ordinance requires that property owners clear sidewalks after the end of a snowfall within 24 hours for houses and duplexes and four daytime hours for apartment and commercial buildings (daytime hours begin at 8 a.m.)



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Walking tips adapted with permission from Walk Arlington's Winter Walking Tips:

www.walkarlington.com/pages/walking-in-arlington/health-and-safety/winter-walking-tips/.