



Distance: 2 Miles | Steps: 6460 | Time: 22 Min. | Calories Burned: 103 | Route Type: Cement



## **Safety Guidelines**

- Tell someone where you are walking.
- Walk facing traffic on the left side of the road when there are no sidewalks.
- Look twice when crossing the street.
- Walk with your dog or a friend.  
There is safety in numbers
- Wear something light colored or reflective when walking at night.