

# FOR BEING ACTIVE & GETTING OUTSIDE

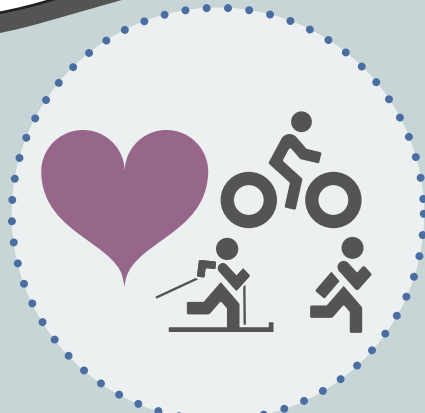
"All year long, the trails are alive with people of all ages and abilities. That's the reason we have a great trail system - just as we envisioned almost 40 years ago!"

Lanie Fleischer, Trail Advocate  
Established Anchorage's first greenbelt, the Lanie Fleischer Chester Creek Trail

GETTING STARTED

### DO WHAT YOU LOVE

If you like the activity, you'll stick with it. Find an activity that you can enjoy regularly like walking, biking, or skiing.



### FIND A BUDDY OR GROUP

Find a buddy or a group to hold you accountable. Camaraderie will help you keep motivated!



### START SMALL

Park farther from the trail, walk the dog, go to your neighborhood park. Gradually add a little more time and intensity each week and choose specific, realistic goals, like go walking 3 times a week or be active every weekday for 30 minutes.



### MAKE IT A ROUTINE

The more regular activity you do, the quicker it will become a habit. Try not to go more than 2 days in a row without being active.



## WALKING IN THE WINTER

### BRING A LIGHT

Make sure the path is lit if going in the dark or you have a headlamp or flashlight.



### WEAR BRIGHT COLORS & REFLECTIVE GEAR

This makes you visible on the road and on the trails. Avoid cotton clothes and opt for layers that you can take off as you get warm.

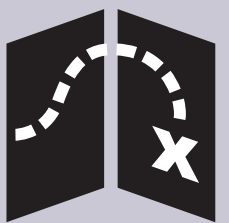


### WATCH OUT FOR ICE

Consider wearing traction devices on your shoes if sidewalks, trails or roads have snow or ice cover.



## STAYING SAFE



### KNOW YOUR ROUTE

Before heading out know where you are going. Let someone know where you are headed.



### STAY ALERT

Be aware of your surroundings. It is best not to wear headphones. Enjoy the sounds of nature instead!

### DON'T FEED BEARS

In Alaska, it is always possible to run into wildlife on your walk. If you do come across an animal, do not approach it. It is best to avoid the animal and chose an alternate route.

