Why Should You Walk?

Walking is not only good for you, it’s FUN! Walking gets you to places you want to go, such as the park, and it’s a great way to spend time with your friends and family.

Active kids are healthier kids. You need at least 60 minutes of physical activity, such as walking, every day to stay healthy!

If you are active, you:
- Are stronger and can exercise longer
- Are more fit
- Have less chance of getting diseases like diabetes
- Have stronger bones
- Are less nervous
- Are happier
- Do better in school

“When I first started there weren’t many, but now...there are a lot of people who walk.”
~ Cuba Community Member

Be a walking champion!
Take yourself or someone else for a walk.

For more information, visit the following websites:
- www.stepintocuba.org
- www.nhtsa.gov/Pedestrians
- www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm

Sponsored by:
- Nacimiento Community Foundation
- Step Into Cuba Program
- Cuba School District

With support from:
- University of New Mexico School of Medicine
  Prevention Research Center
  Prevention & Population Sciences
- New Mexico Department of Transportation
  New Mexico Safe Routes to School
  www.nmsaferoutes.com
There are nearly three miles of cross-country trails in the tall pine forest next to the Cuba Schools. You can access these trails any time from the parking area next to the elementary and middle schools. Most of the trails are easy for children and beginners. A few are steeper and provide a good work out!

Other Safe Places to Walk

- **St. Francis of Assisi Park Trail** - 1 mile loop around the park. Look for the new trees, shrubs and flowers.
- **Library Trail** - 1/2 mile loop.
- **Fisher Trail** - 1 mile up and down trail with beautiful views. Park on the Cubita Road just above the second cattle guard.

When You Walk

- Walk on the sidewalk or trail if there is one.
- If you have to walk on the road, be sure to walk facing traffic.
- Wear bright colors so that drivers can see you.
- Don’t jump out in front of cars.
- Look both ways before crossing the street.
- Walk with a friend when possible.
- Don’t push, shove, or chase each other.
- Never hitchhike or take rides from strangers.
- Talk to your parents and teachers if kids bully you.

Things to Take with You

- Hat, sunscreen, water and reflective material on your clothing or yourself.
- Bring food and a first aid kit for longer walks.

Crossing the Street

- Stop at the curb or edge of the street.
- Look left, right, and behind and in front of you for traffic.
- Wait until no traffic is coming, or there is a gap in traffic, before crossing.
- When crossing at a crosswalk, make eye contact with drivers before starting across.
- Keep looking for traffic until you have finished crossing.
- Walk, don’t run, across the street.
- Children under age 10 should not cross the street alone.

Walking to or from the School Bus

- When the bus arrives, stand on the sidewalk at least three giant steps (6 feet) away from the curb.
- If you have to cross the street in front of the bus, make sure you are five giant steps (10 feet) ahead of the bus.
- Be sure the bus driver can see you and you can see the bus driver when walking.
- Never walk behind the bus.
- If you drop something near the bus, tell the bus driver. Never try to pick it up first because the driver may not be able to see you.

Walk Safely

- Pay attention to what is around you.
- Walk with a group of people you know.
- Tell an adult you trust if a stranger offers you a ride, is hanging around or follows you when you walk.

How Can I Help as a Parent?

- Walk, bike and play with your children.
- Encourage walking in safe areas.
- Teach children how to walk safely including to the bus stop.
- Take your children to a safe place where they can walk, run and play.
- Walk your dog together.
- Try walking at the park or on a nearby trail.