

Personal Safety – Winter Walking

Walking on Bell Hill is excellent exercise but it should be done with caution. If you are walking before dawn or after dusk, please consider wearing a flashing light to alert motorists. These lights are available at Big 5 for less than \$6.00.

Winter mornings can be extremely icy. The Footsmart website at <http://www.footsmart.com/P-Stabilicers-Lite-pr-90112.aspx> has an excellent product that you can strap on the bottom of any shoe. These cleats will give you additional traction and safety. Big 5 normally carries this product. Enjoy walking but please be cautious.

Here's a similar product.



<http://www.yaktrax.com/products.aspx>