



School Zone Safety



Tips for Parents

- Familiarize yourself with school or provider drop-off and pick-up practices and always follow them
- Help your children learn and practice safety rules for walking, bicycling, or riding in a school bus
- Supervise young children as they are walking or biking to school or as they wait at the school bus stop

Tips for Motorists

- Know all traffic rules concerning school zones and traffic flows
- Resist the urge to speed or make any traffic rules exception because you are running late
- Refrain from using your cell phone, palm, or any other distraction while around school zones
- Always stop for a school bus that has stopped to load or unload passengers
- Always stop for a school crossing guard in the roadway
- Watch for children walking in the street, especially where there are no sidewalks
- Watch for children playing and gathering near bus stops
- When backing out of a driveway or leaving a garage, watch for children walking or biking to school
- Watch for children that are in a hurry to get to school, they tend to be more careless during this time



Workout Wise

Safe strength training



Warm Up - Spend 5-10 minutes with light cardio and stretching. This will lessen your risk of injury.

Move Slowly - Use focused moves with full range of motion to work muscles instead of using momentum.

Start Small - Begin with a weight you can comfortably lift 12 times (a set) without rest. If you cannot complete all 12 repetitions, lower the weights.

Breathe - For some, it may feel natural to hold your breath while lifting. Doing so makes your blood pressure spike. Exhale while muscles contract, inhale while muscles stretch.

Rest - Strength training works best when you plan a day of rest in between your muscle group. This time allows muscles time to heal. Work your arms one day, then your legs the next. Or, work all groups one day, rest the next.

Posture - Straighten your back and engage your abdominals with each lift.

Drink - Remember your water bottle and stay hydrated.

Cool down - Spend 5-10 minutes after each session, stretching the muscles you worked out.

Have fun!! - Call a friend, attend a group class, and change up your routine to avoid plateaus.