

# Panhandle

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## Public Health District

November 2, 2021

For immediate release

For more information, contact: Jessica Davies, Assistant Health Director, 308-760-6492 or [jdavies@pphd.org](mailto:jdavies@pphd.org)

### **Keep active this fall and winter to help ward off the blues**

As we “fall back” on Sunday, November 7, this means it will be darker earlier in the evening. Enjoying walking, biking, or rolling outdoors throughout the fall and winter months is a great way to keep active and ward off the winter blues.

Panhandle active living advisory committees are encouraging people to be extra safe while out and about:

- Being active during daylight hours is safer but if you are unable to be outdoors then, wear light colors and reflective material on your clothing. Carry a flashlight.
- Stick to well-used, well-lit places with other people around or take a friend or family member along with you.
- Stay alert at all times so you can hear traffic or other walkers and bikers.
- Sidewalks and paths are safer choices whenever possible. Watch out for uneven sidewalks as tripping hazards.
- Cross at crosswalks or intersections and pay careful attention to traffic signals. Look across all lanes making sure both are clear. Just because one driver stops, don't presume drivers in other lanes will stop for you.
- Don't assume a driver sees you crossing the street. Make eye contact with drivers as they approach whenever possible.
- Wear sturdy, appropriate shoes that give you proper footing.

Local stores, malls, and rec centers are safer alternatives if you don't feel safe being active outdoors in the evening hours. For more information on safer walking, biking, and rolling around your community, reach out to Janelle Visser at 308-487-3600 Ext. 105 or [jvisser@pphd.org](mailto:jvisser@pphd.org).

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website [www.pphd.org](http://www.pphd.org).