**Wellness Walks around Campus**

Each Wellness Walk has been mapped and timed for your convenience. Find six maps online at [http://www1.umn.edu/ohr/wellness/fitness/index.html](http://www1.umn.edu/ohr/wellness/fitness/index.html).

**Best Practices to Follow**

- Obey the "Don’t Walk" and other traffic signals.
- Cross within the marked crosswalk. You can get a $128 ticket on campus for jaywalking.
- Look both ways before crossing!

**Safety Tips**

- Drivers must stop for pedestrians in a crosswalk. Don’t rely solely on drivers; protect yourself first.
- Walk with a friend (safety in numbers).
- Walk confidently; be aware of your surroundings.
- Emergency call buttons are located in the stairwells of parking ramps and garages as well as some spots along the Gopher Way.
- If you think you are being followed, change your direction toward a crowded area.
- Trust your instincts. If someone makes you uncomfortable, move away from that person.
- Wear reflective-colored clothing at night to make you more visible.

**Parking and Transportation Services**

300 Transportation & Safety Building
511 Washington Avenue SE
Minneapolis, MN 55455
612-626-7275
parking@umn.edu
http://www.umn.edu/pts

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