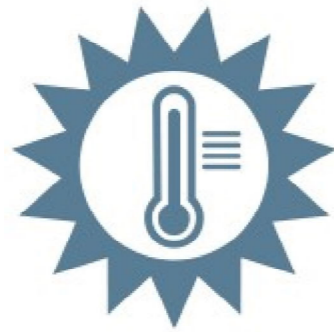




**This is your path to better health ...
play it safe! Here are some tips to ensure
a safe and enjoyable trip.**



Check the weather before you go. The Arizona heat can be deadly! On warm days hike in the cooler temperatures of early morning or evening. Don't go if the temperature is 100°F or higher.



Warm up by walking slowly for a few minutes when you begin and cool down by slowing your pace for a few minutes before you return to the trail head.



Remember to hydrate before, during and after physical activity. Bring along some water and no matter the intended distance, make sure you are on the return before your water is half gone.



Wear comfortable and appropriate shoes and clothing for the weather and activity. Consider a hat and other sun protection.



Cactus and critters can bite. Enjoy the scenery, but stay on the designated path or trail. The desert landscape can poke and scratch and you're less likely to encounter a wild critter on the trail.



Keep in touch. Carry a mobile phone with you. If you are hiking alone let someone know where you went and when you expect to return.



Pace yourself. Challenging yourself is good, but don't push beyond your physical ability. Even trained athletes can become dehydrated or injure themselves by not listening to their body.



Don't be "that person" that puts themselves at risk by not being prepared, ignoring signs of physical distress or following safety guidelines. Hike for a better you!