

# Transport By Foot Guidelines

INFORMATION AND GUIDELINES  
ON HOW TO USE YOUR  
FEET AS A FORM  
OF TRANSPORTATION

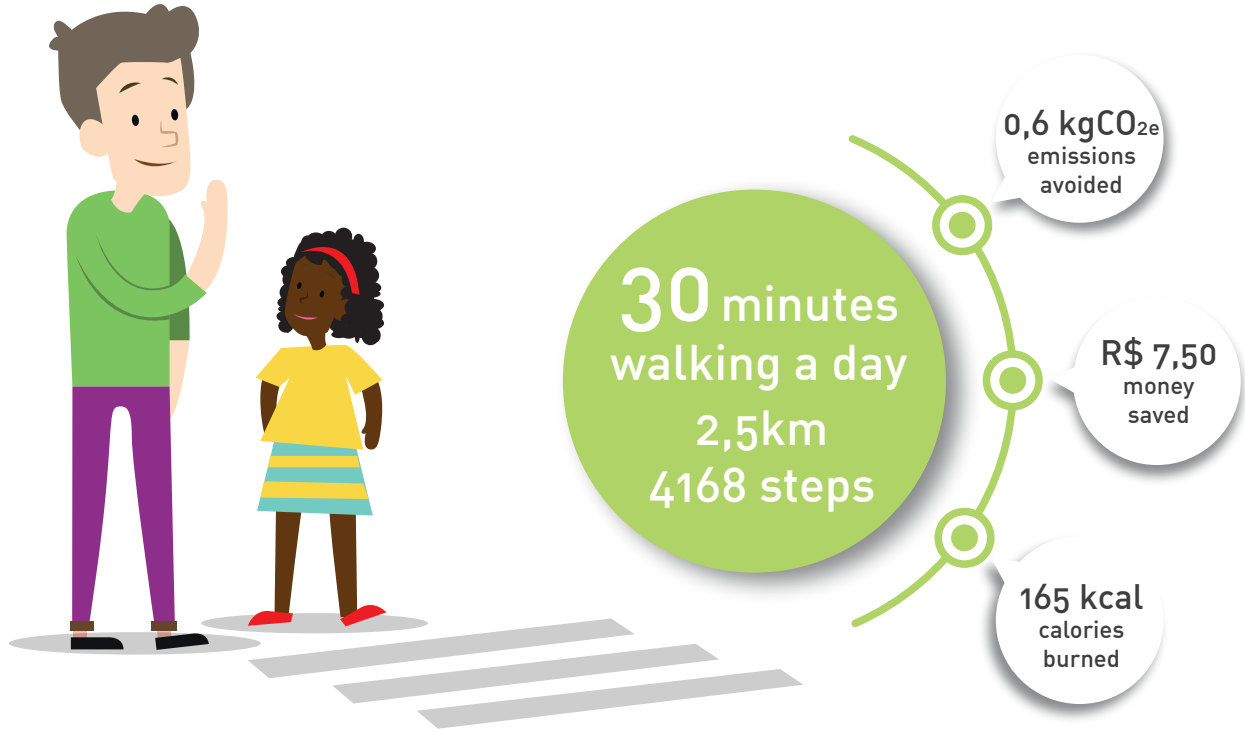
**corrid**6**amiga**

transport by foot

# Feet as a form of transportation

## Information and guidelines

Transport by foot is also a form of transportation! How do you get to a bus stop or metro/train station? And how about getting to a parked car? Most likely your answer will be "by foot". Yes, transport by foot is common, efficient and pleasant form of transportation.



Going to or from work, school or university is refreshing, healthy and you will also save money. You will feel great! Using your feet as a form of transport is simple and brings many benefits and advantages. Despite the demand (we are ALL pedestrians), we are still finding pitfalls and obstacles in the cities which reduce its accessibility to people who wish to experience this form of transportation. WE WANT ACCESSIBLE CITIES WHERE NO ONE IS INVISIBLE.



\* WHO suggests 150 minutes of physical activity per week

The practice of transport on foot does not determine distance or time of travel. However, the following accessory recommendations have been designed for a travel time greater than thirty minutes. Is your course shorter? No problem, follow the recommendations that fit your case and go on foot!

## Accessories

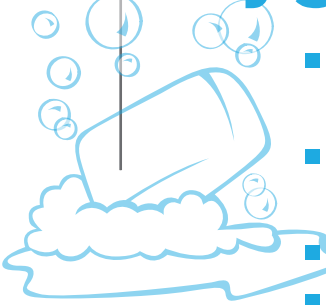


- Appropriate clothing and trainers/sneakers
- Clothing should be light and breathable
- Small waterproof backpack with chest and waist straps (straps will keep it from bouncing)
- Water bottle
- Reflective gear/clothing or blinking bike light attached to your backpack
- Personal Identification and contact information

36%

of people in Brazil  
uses your feet  
as form of  
transportation  
daily\*

## Hygiene



- Give yourself enough time once you have arrived at your destination to drink water and let your body cool down
- Slow down your pace a little bit before arrive in your destination. This will help your body cool down.
- Bring a small towel to dry your body
- Apply perfume/deodorant
- Baby wipes, shower wipes, and/or the sink and damp paper towels to wash your face and body are good alternatives to replace shower
- Use leave-in shampoo/conditioner or other products to clean/style your hair, if necessary.

Take into consideration walking or running just on your way back; also you can consider joining a gym close to your workplace, where you will be able to use the locker room and showers. If many employees of the same company are members of a certain gym, the company itself may be able to negotiate a discount. Finally, it would be a good idea check out if your workplace has a "hidden" shower somewhere ... You will be surprised! There is always one!!

## Logistic

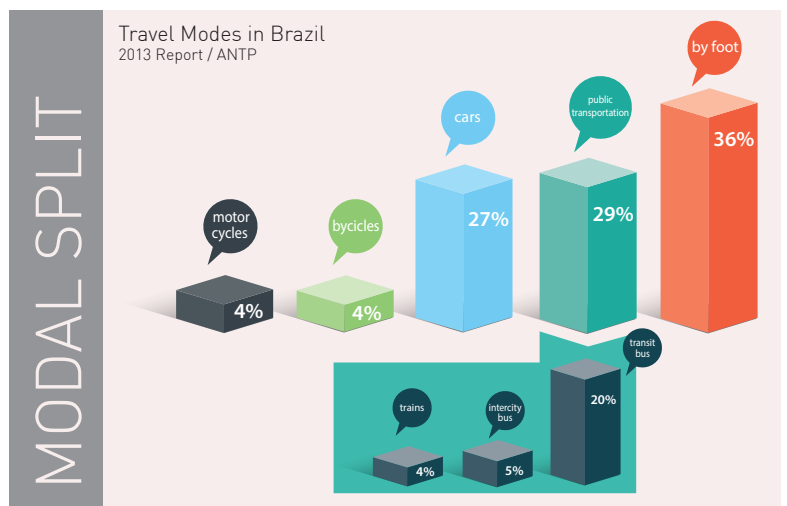


Before leaving home, plan and think carefully about things that you will carry and possible routes. Your route won't necessarily be the same way that you usually go by car. When you choose the best route to go by foot, take into consideration at least the traffic intensity, sidewalks conditions, and terrain. And also, any aspects that can make your journey more enjoyable and safer.

\* ANTP

If the distance is too long to walk /run the whole way, you can take a bus/subway/train/bike part of the way and start from that point to complete your journey

Do you need your car? You can park your car somewhere further from your destination and go by foot from that point.



## 📍 In your backpack?

**ONLY CARRY WHAT IS NECESSARY!**  
ARE YOU CARRYING A LAPTOP?  
IF SO, LOOK FOR A BACKPACK THAT WAS SPECIALLY DESIGNED TO CARRY IT.

CHANGE OF CLOTHES  
TOILETRIES  
SMALL TOWEL

SNACKS  
FRESH OR DRIED FRUITS,  
NUTS AND CEREAL BARS.  
A BOTTLE OF WATER.

ALWAYS CARRY 2-3 PLASTIC BAGS,  
THEY ARE KEY ELEMENTS TO KEEP ITEMS SEPARATED IN YOUR BACKPACK.

A JACKET FOR COLD DAYS.

PERSONAL IDENTIFICATION,  
MONEY AND MOBILE PHONE.

## 📍 Route

Plan and carefully think through possible routes before leaving home. There are good apps for planning and monitoring your route, such as Strava, MapMyRun, Runtastic and Google Maps.

Varying your route is a great way to explore new aspects of the city. Identify points of reference along your route (shops, gas stations, hospitals, subway and bus stations). These locations will be useful in case you need to stop for any reason, in case of emergencies, or if you need to communicate with others. Choose a safe route, the one with more pedestrians and good public lighting.

## Be Alert!

- Stay tuned and watch out for potholes and uneven terrain on sidewalks.
- Watch out for garage exits and parked cars
- Beware of dogs. Avoid sudden movements
- In the cycle lanes, remember that it is a shared space
- Music might distract your attention. Listen to it at a proper volume



## Transportation by foot as physical activity

Only 30 minutes daily of physical activity a day has the potential to improve your physical and mental health. A quick walking is one of these activities! Be ready:

- Regular clinical and orthopedic check-ups are important
- Eat well
- Always wear comfortable shoes
- Try to do complementary strength training
- If you feel too tired or you are in pain, please stop the activity and seek medical advice.



# Diet

Regardless of the distance or pace of your journey by foot, our body will always need fuel.

What should I eat? Breads, fruits, cereals combined or not with proteins sources (cheese, milk, yogurt, meat and eggs). Fresh or dried fruits, nuts and coconut water are smarter choices for a snack. Always hydrate yourself before, during and after your journey.

Don't forget to eat as soon as you arrive at your destiny to optimizing muscular recovery and getting ready to the next walk.



# Posture

Relaxed shoulders  
Allow arms to move freely

Backpack with only the necessities and tight to your body, preferably with a waist or chest strap

keep your torso straight with your abdomen contracted.

Straight head and relaxed neck

Keep a natural movement of the arms, forward and backward

keep your legs loose following a natural movement

comfortable shoes will help you to keep a good posture



Your body shows you all signs!  
Do not forget to pay attention to it.

# We get together to produce this guide:

## Corrida Amiga

We are an organization that, since 2014, have been inspiring the transport by foot to improve the everyday life of citizens focus on the perspective of active mobility, reducing sedentariness, improving health and wellbeing, and optimizing the schedule of those who have chosen to travel by foot.

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## Lobo assessoria esportiva

Lobo Sports Advisory was founded in 2009, aiming to encourage people and provide them with the option of good life habits in a sustainable and enjoyable way, spreading a new model of health promotion and wellness.

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## Serena Del Favero Nutrição Esportiva

Utilizing her bachelor's degree in Nutrition from University of São Paulo (USP) with a specialization in Exercise Physiology, UNIFESP and a Master's Degree in Biodynamism of Human Movement by the School of Physical Education of USP, nutritionist Serena Del Favero has taken care of athletes and practitioners of physical activity since 2007.

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## The Run Commuter

Mission: To educate and encourage people to replace, modify, or supplement their car, public transport, or bike commutes with running. By Joshua Woiderski and contributor Nicolas Pedneault

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## Colaborators

### International Federation of Pedestrians (IFP)

International Federation of Pedestrians (IFP) is a network of non-profit associations and individuals from all over the world, working, since 1963, for pedestrians and liveable public space.

<http://www.pedestrians-int.org/> [twitter.com/IFPedestrians](https://twitter.com/IFPedestrians) [www.facebook.com/IFPedestrians/](https://www.facebook.com/IFPedestrians/)

### IAMRUNBOX

IAMRUNBOX was born out of a love for travel and a passion for running. Focusing on ergonomics, innovation and design we have developed a backpack that promotes being active everyday. By Kirill Noskov and Irina Mavruska

### Marcio de Morais Jr.

Active and essential collaborator for this Guide design, working the interface with partners, compilation, information and translation of the English version.

### Simon Cook

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