



BICYCLING takes you places

Bicycling is a great way to exercise, as well as commute. Use your bike to run errands to the post office or to pick up a few items from the local grocery store. A bicycle is friendly to your body and to the environment.

TIPS FOR HEALTHY AND SAFE BICYCLING

- Everyone should always wear a properly fitted helmet. It is the law that children under the age of 18 years wear a bicycle helmet.
- Use hand signals before you turn or change lanes on a roadway.
- Be alert. Watch out for road hazards, other bicyclists, pedestrians, and vehicles.
- Obey all regulatory traffic lights and signs. Bicycles must drive like vehicles. Never ride against traffic.
- Observe the posted speed limit.
- At night, bicycles are required to have a front light that is visible by 300 feet.

Check with the California Vehicle Code (CVC) Sections 21200-21212 for more information on laws pertaining to bicyclists.



MANEJANDO bicicleta llega a muchos lugares

Manejando una bicicleta es una gran manera de hacer ejercicio, y para usar en su rutina diaria. Use su bicicleta cuando vaya a hacer mandados, al correo, o cuando recoge algunos alimentos de la tienda. Una bicicleta es muy beneficiosa para usted y para el medio ambiente.

PUNTOS PARA ANDAR EN BICICLETA SEGURA Y SANAMENTE

- Todos deben usar un casco que quede bien ajustado a la persona que lo usa. La ley requiere que todos los menores de 18 años lleven puesto un casco apropiado para bicicleta.
- Use las señales de mano cuando va a dar vuelta a mano derecha o izquierda, o cuando va a cambiar de un carril a otro.
- Manténgase alerta. Ponga atención a obstáculos en la carretera, a otros que andan en bicicleta, a quienes van caminando y a otros vehículos.
- Obedezca todas las luces y señales regulares del tráfico. Las bicicletas deben ser manejadas como vehículos. Nunca vaya contra el tráfico.
- Observe todas las regulaciones de velocidad en los postes.
- Por la noche, las bicicletas tienen que tener una luz al frente que sea visible desde una distancia de 300 pies.

Para mas información con respecto al uso de bicicletas, refiérase al California Vehicle Code (CVC) Sections 21200-21212 Traducido por personal del Community Learning Center, SSF Public Library, City of South San Francisco

Let's get
MOVING
SOUTH SAN FRANCISCO

400 Grand Avenue
South San Francisco
California 94080



Walking for a HEALTHIER YOU

Walking is one of the best, safest and most natural forms of exercise. You can, in fact, walk your way to a healthier, stronger cardiovascular system. Walking is effective exercise for people of all ages and all levels of health. What's more, walking increases our sense of well-being.

TIPS FOR HEALTHY AND SAFE WALKING

- Drink water before and afterwards. If very thirsty, stop to drink during your walk.
- Avoid the hottest midday hours. The ideal time is morning or late afternoon.
- Use marked crosswalks whenever available.
- Be sure to look left, right, and left again. Then, if it is clear, begin crossing.
- On roads without sidewalks, walk on the left side of the road, facing traffic.
- At night, wear something reflective on clothing and shoes or carry a flashlight.

Excerpted from <http://www.healthadel.com/articles/44/1/Health-Benefits-From-Walking/Page1.html> and http://safety.fhwa.dot.gov/programs/ped_bike.htm



CAMINANDO para mantenerse saludable

Caminar es la forma de ejercicio que es más sana, segura y natural. Puede, en verdad, mantener un sistema cardiovascular más fuerte y sano, caminando regularmente. Caminar es ejercicio adecuado para toda la gente, toda las edades y todos los niveles de salud. Algo más, cuando camina se siente mejor.

PUNTOS PARA CAMINAR SEGURA Y SANAMENTE

- Tome agua antes y después. Si tiene mucha sed, pare y tome agua durante su caminata.
- Evite la hora cuando el sol está muy fuerte, al mediodía. La hora mejor es por la mañana o por la tarde.
- Cuando camine use las sendas marcadas para cruzar las calles.
- Asegúrese de ver a la derecha, a la izquierda, y de vuelta. Si todo está seguro, empiece a cruzar.
- En carreteras sin aceras o senderos para caminar, escoja el lado izquierdo de la carretera, viendo al tráfico.
- En la noche, use algo que refleja luz en su persona, como en su ropa, zapatos, o sostenga una lámpara de noche.

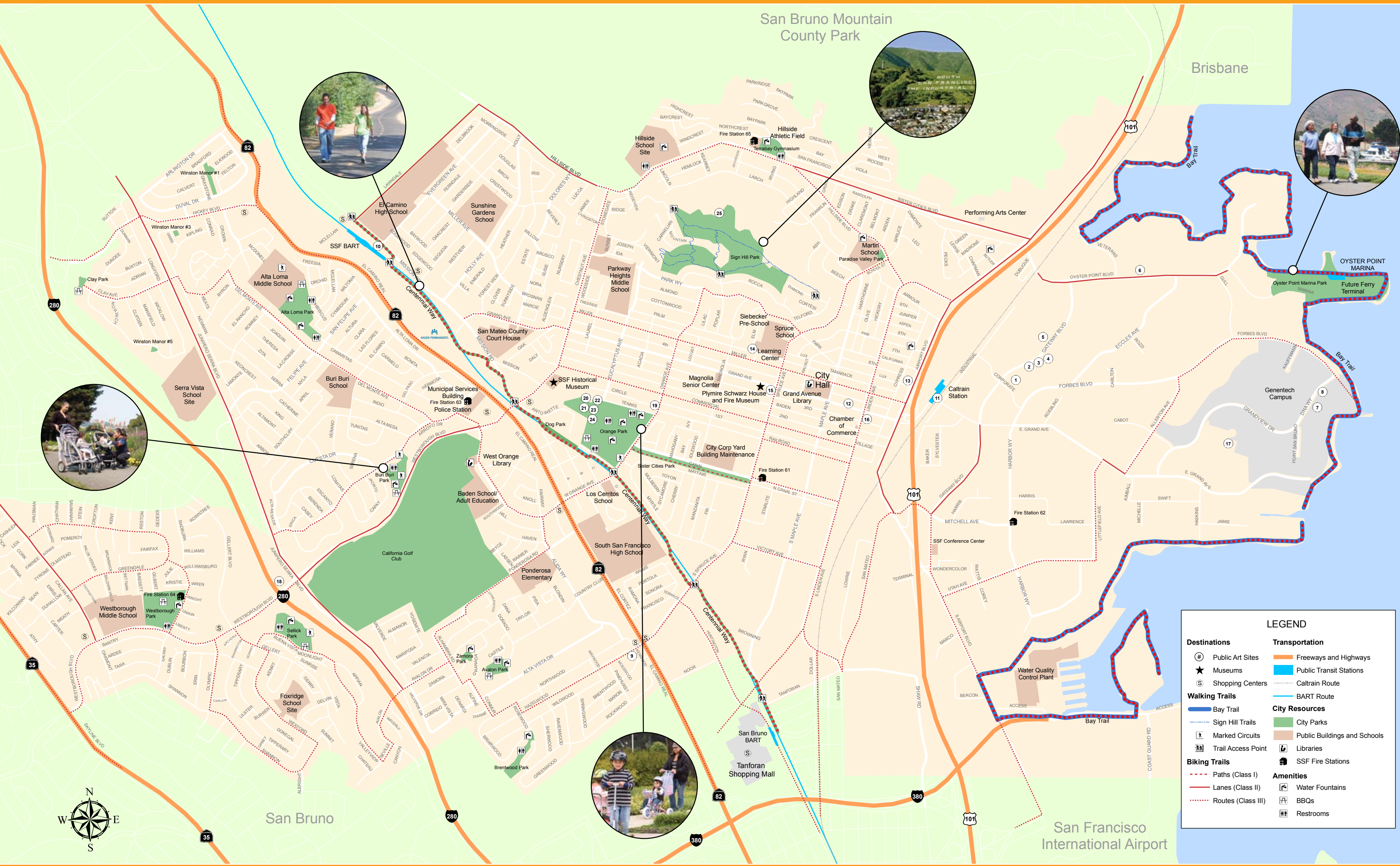
Tomado del <http://www.healthadel.com/articles/44/1/Health-Benefits-From-Walking/Page1.html> y http://safety.fhwa.dot.gov/programs/ped_bike.htm
Traducido por personal del Community Learning Center, SSF Public Library, City of South San Francisco



CITY OF SOUTH
SAN FRANCISCO



WALKING & BIKING MAP



Find your way to HEALTHY

At Kaiser Permanente, it is our belief that much of your health and well-being is in your power. We believe that by sharing what we know, and helping you gain understanding, we help you keep your finger on your pulse. That is why we provide tools and information that help you live well, be well, and thrive.

Kaiser Permanente Medical Center
1200 El Camino Real
South San Francisco, CA 94080
650-742-2000

For information on Healthy Living Programs and Services visit kp.org/healthyliving or call 650-742-2439.

South San Francisco INFORMATION

City Manager.....650-877-8500
City Council Hotline650-829-6601
Emergency.....911, or 650-873-3333
Parks and Recreation.....650-829-3800
Public Works.....650-877-8550

Local RESOURCES

www.baytrail.org
www.bikesiliconvalley.org
www.ccag.ca.gov/bpac.html
www.ssf.net
www.commute.org/programs.htm#bikeSafety

South San Francisco PUBLIC ART SITES

- ① PHASES 2000, Steel and glass marbles, by Linda Fleming
- ② REPOSE, by Randall Shiroma
- ③ NUMEN, by Randall Shiroma
- ④ PASSAGE, by Randall Shiroma
- ⑤ KINETIC METAL SCULPTURE, by Unknown
- ⑥ FOUNTAIN SCULPTURE, by Robert La Rocca
- ⑦ BIRTHPLACE OF BIOTECHNOLOGY SIGN, by Habeeba Clark
- ⑧ GENENTECH FOUNDERS, bronze sculpture, by Larry Anderson
- ⑨ STATUE OF A COLT, cast stone, by Unknown
- ⑩ LIFE TILES, 16 optical glass tiled murals, by Jeff Northam and Rufus Seder
- ⑪ PROMETHEUS GIVES FIRE TO MAN, Mural – 85'x17', by Nicolai Larsen
- ⑫ THE DOORS OF AVIGNON, mural, by John Pugh
- ⑬ TRANSPORTING ONESELF, mural, by Catalina Gonzalez
- ⑭ CHILDREN'S CENTER MURAL, mural, by Dennis Crossland, SSF Commissioners, and volunteers
- ⑮ WHIMSICAL WINDOWS, murals, by Guided Imagery & Production
- ⑯ PICTORIAL HISTORY, 4 murals – 15'x27', by Carlota Espinoza
- ⑰ WINDHARP, steel from Bethlehem steel in Pennsylvania, by Lucia & Aristedes Demetrios
- ⑱ MILLENIUM, stainless steel sculpture, by James T. Russell
- ⑲ VETERAN'S FLAME, tiled sculpture, by unknown (Son of Helen Thompson)
- ⑳ SAFEHAVEN, bronze sculpture, by Jane DeDecker (National Sculptors Guild)
- ㉑ BEST FRIENDS, bronze sculpture, by Corinne Hartley
- ㉒ HEAVY LOAD, bronze sculpture, by Corinne Hartley
- ㉓ OBELISK, INX 50 steel (steel made to seal itself with rust), by Bruce Gueswel (National Sculptors Guild)
- ㉔ PONDER (Yin & Yang), Core Ten steel, by Keith Bush
- ㉕ SIGN HILL, concrete – 60', installed in 1929 by City leaders



Let's get MOVING
SOUTH SAN FRANCISCO