



## **LOUISIANA HIGHWAY SAFETY COMMISSION NEWS RELEASE**

**September 30, 2021**

### **Get Fit, Stay Safe during “1 Million Steps 2 Safety”**

The Louisiana Highway Safety Commission and the Louisiana Department of Health are teaming up to give runners, walkers, and bicyclists a way to get fit and stay safe during Pedestrian Safety Month.

“1 Million Steps 2 Safety” is a virtual walk, run and bike event that allows individuals and teams to convert everyday activities, such as walking, jogging, and mowing the lawn, into steps and miles through an online platform. The goal of the second annual event is to encourage people and teams to exercise in a safe and fun way.

During the pandemic, more people began walking, running, and biking – often on or near public roadways. Unfortunately, pedestrians and bicyclists face distinct disadvantages when involved in traffic crashes: the sheer physics of a faster-moving vehicle colliding with a bike or pedestrian often results in serious or fatal outcomes for those outside of a vehicle.

Statistics from the Center for Analytics and Research in Transportation Safety at LSU show that pedestrian fatalities were up 19 percent, and bicycle fatalities were up 54.5 percent from 2019 to 2020. LHSC is committed to developing and implementing a comprehensive strategy aimed at saving lives and preventing injuries on our highways.

“The roads belong to all of us, and it’s up to all of us to share the roads legally and safely,” said LHSC Executive Director Lisa Freeman. “1 Million Steps 2 Safety is a great opportunity for everyone to start personal fitness goals or just to have fun with friends as a team.”

From October 1 through November 1, visit [www.oyohla.com](http://www.oyohla.com) and choose the OYOHLa (Own Your Own Health Louisiana) group to sign up. Steps and workouts are automatically tracked with Fitbit or the Google Fit app. The website also allows you to manually input other activities such as Zumba classes, weight-lifting, cycling, gardening, etc., and it will convert the time you performed the workout into steps.

About once a week, participants will receive an email from the Governor’s Council on Physical Fitness and Sports containing health and safety information, including how to safely exercise on or near public roads.

The National Highway and Traffic Safety Administration designated October as Pedestrian Safety Month. Click [here](#) for more information from NHTSA about pedestrian and road safety.

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