

inSIGHTS

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7 TIPS FOR OUTDOOR RUNNING SAFETY

Going for a run is a great way to stay in shape, but if you aren't prepared, you could face a number of serious risks. Use these tips to ensure that your runs are rewarding and risk-free.

PROTECTING YOUR HOME FROM STORMS

Heavy rainfall, high winds and other extreme elements can cause severe and costly damage to your home. Learn some steps you can take to protect your home from storms.

IS YOUR VEHICLE AFFECTED BY A RECALL?

Vehicle recalls are meant to fix dangerous safety issues, but many drivers aren't aware that their vehicles are affected and fail to get potentially lifesaving repairs.

PROVIDED BY

Associates of Glens Falls Inc.

(518) 793-3444

www.aogf.com



**ASSOCIATES
OF GLENS FALLS
INSURANCE**
Round the Clock Coverage

LIFE

7 Tips for Outdoor Running Safety

Going outside for a run is a great way to burn calories, boost your confidence and fight the aging process. However, if you aren't prepared before you go out for a run, you could face risks such as leg injuries, fall hazards, adverse weather and dangerous traffic patterns.

Here are seven safety tips to keep in mind before you run outdoors:

1. Only wear running shoes that offer adequate support to help avoid severe injuries.
2. Figure out your baseline fitness level before you run so you don't overexert yourself. You can do this by timing how long it takes you to run one mile on a flat path, then create a running program based on this time and your future fitness goals.
3. Plan out a route before you run to make sure it's in a safe, well-lit area. You can do this by driving or biking along the route, preferably with a friend or family member.
4. Always look at the weather forecast before you run to make sure you won't encounter an unexpected storm or low visibility.
5. Stretch before you run, and slow down to take a break or drink water whenever necessary.
6. Always stay aware of your surroundings. It may be tempting to listen to music using earbuds or headphones, but this can make it harder to hear what's around you, including dangerous vehicle traffic.
7. Consider running in a group. Not only is it safer, but it can help motivate you to run regularly!

HOME

Protecting Your Home from Storms

Heavy rainfall, high winds, hail and lightning from storms can cause severe damage to your home and endanger you and your family. In fact, storms cause a total of nearly \$5 billion in property damage every year, according to data from the National Weather Service.

Make sure to protect your home from storm damage by taking the following steps:

- Be aware of the types of storms that are likely to affect your area, and always listen to the weather forecast so you can stay informed of potentially dangerous weather patterns.
- Update your home inventory at least once a year in case a storm causes damage to your home or possessions.
- Inspect the outside of your home for any damage that could cause a leak. Even a small leak in your home's roof, siding or foundation can cause severe damage and weaken the structural integrity of your home.
- Prepare a home disaster kit that includes a first-aid kit, flashlight, battery-powered radio and clean water. You should also create emergency shelter and evacuation plans with your family in the event that any of you are separated during a severe storm.
- Check your home's windows, doors and gutters to ensure they can withstand heavy rainfall and high wind speeds.
- Contact Associates of Glens Falls Inc. to make sure that your home insurance policy offers enough protection to cover storm damage, or to learn more about home storm protection.

AUTO

Is Your Vehicle Affected by a Recall?

Although vehicle manufacturers issue recalls frequently in order to repair equipment that may present a safety risk, many drivers aren't aware that their vehicles are affected and fail to get potentially lifesaving repairs. According to J.D. Power and Associates, 1 in 6 vehicles on U.S. roads has been recalled, but not repaired.

When a vehicle is recalled, manufacturers are obligated to send a letter to owners informing them of the defect, any hazards or warning signs associated with the problem, and how to obtain a free repair or remedy. Because millions of vehicle recalls take place every year, it can be difficult to know if your vehicle's specific make and model year is affected.

To see if your vehicle is subject to a recall, [visit the National Highway Traffic Safety Administration's recall website](#). You can also visit your vehicle manufacturer's website to look for information about recalls and sign up for other important safety and health notices.



IN THE KNOW

Avoiding Eye Strain

Computers, TVs and mobile devices offer convenience and entertainment, but they can also put a strain on your eyes and eventually lead to serious damage. Here are some tips you can use to help prevent eye strain:

- Exercise your eyes every 20 minutes by focusing on an object that's at least 20 feet away for 20 seconds.
- Adjust the display settings of your devices so they are about as bright as the ambient light around you.
- Minimize any glare from windows and other reflective surfaces so your eyes won't have to work as hard when looking at displays.
- Get an eye exam at least once a year to ensure that your eyes are in good health.

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