

Tips To Follow When Using An All-Terrain Stroller While Jogging



Before you start jogging, ensure to lock the front wheel.



Always keep the five-point harness strapped to secure the baby.

Pull down the baby canopy for sun and rain protection.



Cover the storage basket to prevent the contents from falling out.

Always grip the stroller's handle tightly when jogging.



Always activate the brakes whenever you pause to take a break.

Use a stroller with reflective strips for safety when jogging at night.



Images: Amazon