

Active Edmonton

Active Edmonton is a great place to turn for all things “active”. Resources, web links, and contests! Get Up, Get Out, Get Active and make Edmonton Canada’s most active city.

Our aim?

To build awareness and to encourage Edmontonians to value and participate regularly in physical activity.

www.activedmonton.ca
780-496-1144

Walkable Edmonton

Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass roots resources and building civic support.

www.edmonton.ca/walkable
780-944-5339



Shape

(Safe Healthy Active People Everywhere)

www.shapeab.com

Get involved with Walk to School Week and Walking School Bus Programs

edmonton@shapeab.com
780-406-8530

The Benefits of Walking

Walking . . . a healthy journey!

Ranked the number one activity of choice among Canadians, walking is the prescription for improved health and wellness. Walk briskly for 30 minutes a day, 5 days a week and minimize your risk for cardiovascular disease, stroke, type 2 diabetes and some types of cancer. Additional benefits include: weight management, blood pressure control, and boosting good cholesterol (HDL’s).

Other benefits of walking:

- Releases the body’s tension and stress.
- Refreshes the mind and body especially when walking outdoors.
- Allows you to connect with your community.
- Offers an excellent way to socialize with family and/or friends.
- Increases “eyes on the street”, enhancing community safety.

Walking is an easy activity to do, costs very little money and the benefits to health, fitness, and mental well-being are priceless!

Here are some tips to keep you on track:

- For starters, take a leisurely walk around your block. Slowly increase your walking time by 5 – 10 minutes a day until you are walking for 30 minutes. A duration of 30 minutes a day is what you’re after but don’t stop there! Once in a while, go for a 45 – 60 minute walk.
- Walking with a buddy can be very motivating.
- Gear up with loose clothing and proper walking shoes. Comfort is key.
- Walking to a destination — grocery store, mail box, school, etc. are all ways to fill your walking prescription of 30 minutes per day.

**There are 1,440 minutes in a day,
schedule 30 of them for walking!**

Local Contacts

Woodcroft Community League
780-451-8312

Environment Canada Weather
780-468-4940

City Information
311

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

Walking Resources

Alberta Centre for Active Living
www.centre4activeliving.ca
780-427-6949

Canada Walks
www.Canadawalks.ca




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November 2009



**THE CITY OF
Edmonton**

Woodcroft Walking Map

Communities on Foot Series



About the Communities on Foot Map Series

The Communities on Foot series is a walking guide, created as a joint project of Walkable Edmonton, Active Edmonton and the Woodcroft Community League to promote walkable communities. Pilot funding for this project came from the Alberta Lotteries Community Initiatives Program.

If you don’t live in Woodcroft contact us to find out if your community has an edition of our map series.

Walkableedmonton@edmonton.ca
780-944-5339

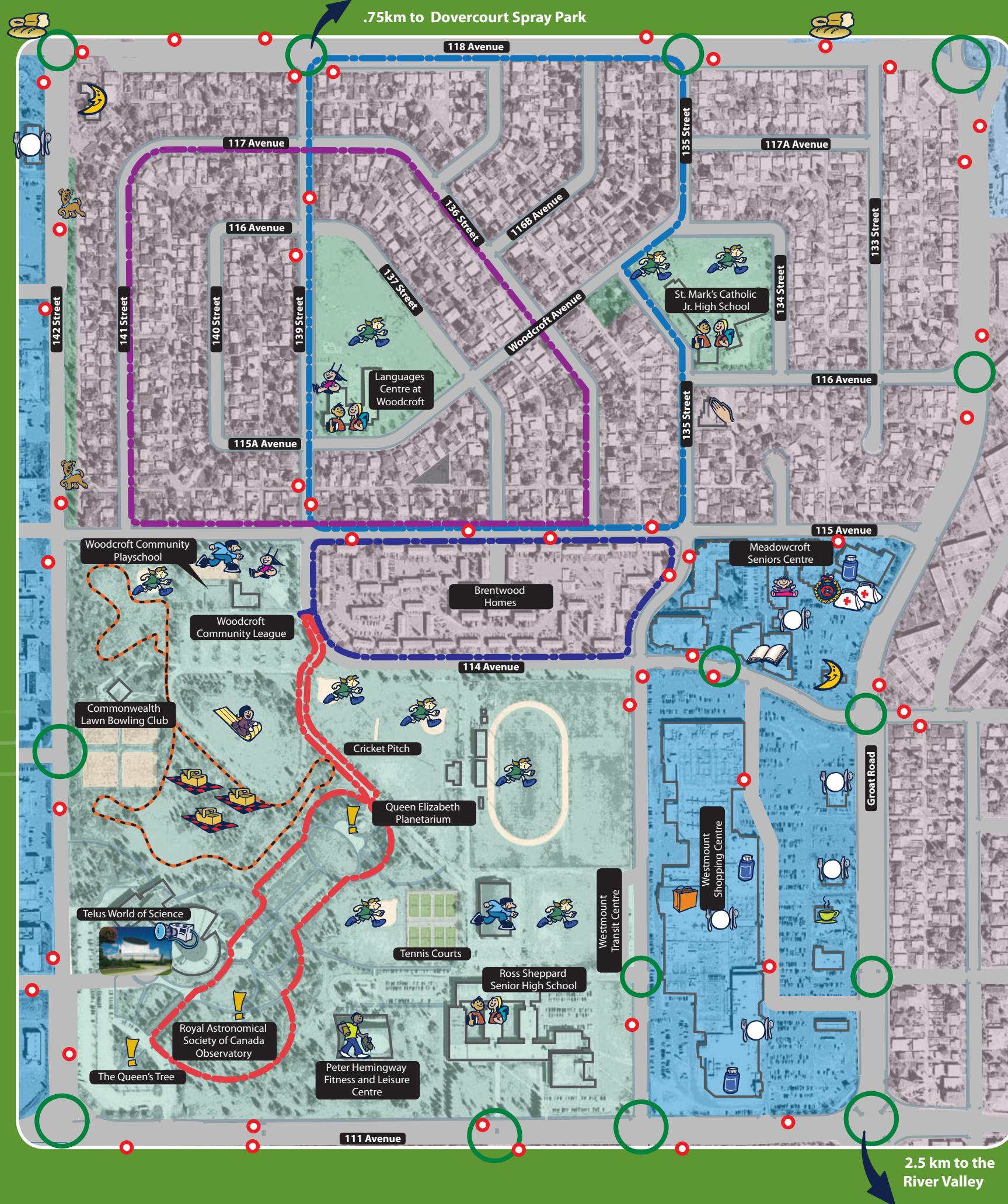
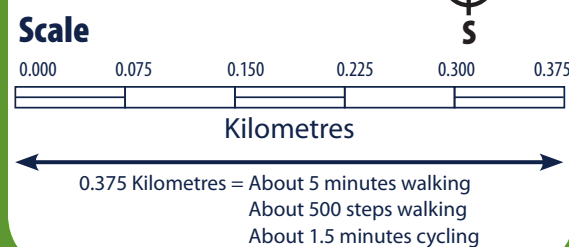



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**THE CITY OF
Edmonton**

Woodcroft

Legend



Woodcroft Community League — Promoting a Safe and Active Neighbourhood



Founded in 1957, to provide a skating facility for neighbourhood children, Woodcroft Community League has always been a positive force in promoting active living.

The community league is located in Coronation Park, named in honour of the coronation of Queen Elizabeth in 1953. The park's sidewalks, designed in the shape of a monarch's scepter, are treaded daily by Woodcroft's Walking Club and residents.

Today, Woodcroft Community League flourishes with a playground, spray park, community hall, and an outdoor rink for public skating and shinny hockey. There is much to do at the community hall and in the park. Take a walk, run, or ride your bike to view the Queen Elizabeth II Planetarium complete with mosaics of the constellations. Explore the world of science at the Telus World of Science and the Observatory. Go for a swim at the beautifully designed Peter Hemingway Recreation Centre. Play tennis, go tobogganing – whatever your pleasure Woodcroft Community League invites you to join them in getting up, getting out, and getting active!



Pilot funding for this project funded by Active Edmonton and the Alberta Lotteries Community Initiatives Program.

