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.activeedmonton.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

The Benefits of Walking
Walking...a healthy journey!
Ranked the number one activity of choice among Canadians, walking is a 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 (HDLs).

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, mailbox, school, etc. is a way to fill your walking prescription of 30 minutes per day.

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

Community Services —
City of Edmonton
The Neighbourhood and Community Services Branch is committed to being a frontline partner with citizens creating a safe, healthy and vibrant city. The East Community Building Service Area values and utilizes the strength of volunteers in each neighbourhood. For more information on parkland development, volunteer or organizational development, and recreational planning please call 311.

Local Contacts
Clareview and District Area Council
780-634-5621
Clareview.area.council@gmail.com
Bannerman Community League
14034 – 23 Street
780-475-5609
Fraser Community League
14720 – 21 Street
780-472-8281
Hairsin/Kirkness/Clareview Campus
3120 – 139 Avenue
780-456-8199

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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

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

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