**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

**City of Edmonton, Community Services**
Community Services is committed to being a frontline partner with citizens creating a safe, healthy and vibrant city. Community Building East values and utilizes the strength of volunteers and/or organizational development and recreational programming.

Please contact: 780-442-4972

**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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**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. Duration of 30– minutes 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!

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**Local Contacts**

**Clareview and District Area Council**
To contact the Clareview and District Area Council call 780-634-5621 or email at Clareview.areacouncil@gmail.com

**South Clareview Community League**
3250 – 132A Avenue
Edmonton, Alberta
780-473-3593
www.southclareview.ca

**Homesteader Community League**
565 Hermitage Road
Edmonton, Alberta
www.homesteadercommunityleague.ca

**Weather**
780-468-4940

**City Information**
Call 311
www.edmonton.ca

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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

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**Communities on Foot Series**

*The Communities of South Clareview and Homesteader Communities — the neighbourhoods of Sifton Park, Belmont and Kernohan*

*Homesteader Community League — the neighbourhoods of Homesteader, Overlanders and Canon Ridge*

Thank you to the many volunteers — adults, youth and children alike — who contributed their time, energy and enthusiasm to this great Clareview Community Walking Map!

Angie Deahl, President of Clareview and District Area Council

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**About the Communities on Foot Map Series**

The Communities on Foot series are walking guides, created as a joint project of Walkable Edmonton, Active Edmonton and local Community Leagues to promote walkable communities.

Contact us to find out if your community has an edition of this map series or to find out more about creating a map.

WalkableEDM@edmonton.ca
780-944-5339

www.activeedmonton.ca
780-496-1144