Walkable Edmonton

Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass root resources and building civic support. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

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

Other Walking Resources

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

Canada Walks
www.canadawalks.ca

Local Motion Project
www.edmonton.ca/localmotion

UWALK
www.UWALK.ca

Walk to School Programs
www.shapeab.com

Shape
(Safe Healthy Active People Everywhere)

Walkable Edmonton Community League

Walkable Edmonton Community League
6510 – 111 Street
www.parkallen.ca

Walkable Edmonton School
780-434-8503
parkallen@epsb.ca
http://parkallen.epsb.ca

The Benefits of Walking

Walking… a healthy journey!

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.

Walking can improve many aspects of health and the quality of your life. It can improve your mood, reduce stress, help you maintain a healthy weight, and reduce the risk of developing diabetes, heart disease, and some types of cancer. Additional benefits include weight management, blood pressure control and boosting good cholesterol (HDLs).

Other benefits of walking:

• Weakens 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!

Local Contacts

Parkallen Community League
6510 – 111 Street
www.parkallen.ca

Parkallen School
780-434-8503
parkallen@epsb.ca
http://parkallen.epsb.ca

Stathcona Branch, Edmonton Public Library
145 Whitemud Crossing
Shopping Centre
4211 – 106 Street
780-946-1828
www.epl.ca

Funding for this project provided by Great Neighbourhoods

The Benefits of Walking

Walking… a healthy journey!

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.

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!

Local Contacts

Parkallen Community League
6510 – 111 Street
www.parkallen.ca

Parkallen School
780-434-8503
parkallen@epsb.ca
http://parkallen.epsb.ca

Stathcona Branch, Edmonton Public Library
145 Whitemud Crossing
Shopping Centre
4211 – 106 Street
780-946-1828
www.epl.ca

Funding for this project provided by Great Neighbourhoods

The Benefits of Walking

Walking… a healthy journey!

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.

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!