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 with your Dog

Edmonton has over 40 locations where you can enjoy your walk while your dog is off-leash. Please remember that all sites where dogs are permitted to be off-leash are multi-use areas used by all. Your dog must be leashed when not in a designated off-leash area. The dog icons shown on this map are placed in the approximate location of each off-leash area, but do not show the precise boundaries. For more information, including details on off-leash boundaries, check the Parks for Paws Brochure or go to edmonton.ca (keyword “off-leash”)

Local Contacts

Inglewood Community League
12525 – 116 Avenue NW
inglewoodcl.com
780-454-6424
president@inglewoodcl.com

Sherbrooke Community League
1308 – 122 Avenue NW
sherbrooke-community.com
780-453-1421
president.sherbrookenew@gmail.com

Prince Charles Community League
princecharlesle.ca/
president@princecharlesle.ca

Woodcroft Branch – Edmonton Public Library
13420 – 114 Avenue
780-496-1830

Peter Hemingway Fitness & Leisure Centre
13008 – 122 Avenue NW
780-454-6424
inglewoodcl.com

Inglewood Business Association
myinglewood.ca
780-705-0250
inglewoodbrz@shaw.ca

Edmonton Native Healing Centre
101, 11813 – 123 Street
780-492-5532

Weather
780-668-4940

City Information
311@edmonton.ca
311
13808 – 111 Avenue
Leisure Centre
Peter Hemingway Fitness &
EPL.ca
780-423-4567

Police Complaint Line
911
Police/Ambulance/Fire

Call 311
City Information
780-468-4940
Weather
780 482-5522

The communities of Inglewood, Prince Charles & Sherbrooke

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

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Sample walking routes

- Wes’ Walk or Bike Ride: 3.9 km
- Sherbrooke Sunday Morning: 3.8 km
- Prince Charles Majestic Industrial: 2.5 km
- Charles Camsell Stroll: 2.2 km
- Inglewood Park Loop: 1.9 km

Scale

0.00 0.1 0.2 0.3 0.4 0.5
Kilometres

0.5 Kilometres = About 4.5 minutes walking
About 660 Steps
About 2 minutes cycling