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.

About the Community Walking Maps

This Community Walking Map is part of a series of walking guides. Each map is created as a joint project of Walk Edmonton and local Community groups 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.
WalkEdmonton@edmonton.ca
780-944-5339

Bus Programs
Get involved with Walk to School Week and Walking School Bus Programs
edmonton@shapeab.com
780-406-8530

Local Contacts

Meadowlark Community League
19961 – 92 Avenue NW
Edmonton, AB T6J 1L6
memberships@meadowlarkcl.net

West Meadowlark Community League
9311 – 165 Street
Edmonton, AB T6P 2L5
wmcl.org

About the Communities

Welcome to the communities of Meadowlark Park and West Meadowlark Park. These neighbourhoods take their names from the meadows and parks located in the north and south of the area.

The Meadowlark and West Meadowlark communities are located in the central Edmonton area. The boundaries of the communities are defined by 95 Avenue on the south, 87 Avenue on the north, 170 Street on the west and 156 Street on the east.

The Meadowlark and West Meadowlark communities are home to a variety of community facilities. The communities include three elementary schools, two high schools, and five places of worship.

Recreational facilities available to the residents include:

• Meadowlark Community League, 19961 – 92 Avenue NW, Edmonton, AB T6J 1L6
• West Meadowlark Community League, 9311 – 165 Street, Edmonton, AB T6P 2L5

The Meadowlark and West Meadowlark communities are part of the Edmonton Public School Board and the Jasper Place Community League.

The Meadowlark and West Meadowlark communities are also part of the Meewasin Trail system and the favourite and well-known walking trail in central Edmonton.

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Sample walking routes:

- **2.2 km** Playground & Ice Cream Walk
- **2.2 km** Mall & Book Walk
- **2.2 km** Pink Loop
- **3.5 km** Dog Walkers’ Loop
- **3.7 km** Church Walk
- **8.8 km** Cycle/Run Loop

Scale:

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